Kimchi rice bowl
RECIPE

Kimchi rice bowl

COOK TIME	5 min
PREP TIME	5 min
MAKES	2 servings

This delicious Kimchi Rice Bowl is the ideal lazy weeknight meal. Our Organic Jasmine Rice with rice wine vinegar & sesame seeds makes the perfect ‘sushi rice’ base for edamame, creamy avocado, and flavorful kimchi. Who ever said eating well was hard?

INGREDIENTS

- 1 package of SEEDS OF CHANGE™ Organic Aromatic Jasmine Rice
- 1 tbsp. seasoned vinegar
- 1 tsp. Sesame Seeds
- ¼ cup edamame
- ½ avocado, sliced
- ¼ cup kimchi
- ¼ cup scallion, sliced
- 1 tbsp. Japanese mayo
- 1 package seaweed sheet snacks

DIRECTIONS

1. Microwave a pack of Seeds of Change Jasmine Rice
2. Place it in a bowl and stir in the rice wine vinegar and sesame seeds.
3. Top with edamame, avocado, and kimchi.
4. Add a drizzle of Japanese mayo and a sprinkle of scallions.
5. Use pieces of seaweed as a base and enjoy handheld bites!

NUTRITION INFO

Column 1	Column 2
Servings	2

Column 1	Column 2
Calories (per serving)	430
Total Fat	19g
Saturated Fat	2.5g
Trans Fat	0g
Total Fat % DV	24%
Saturated Fat % DV	13%
Trans Fat % DV	0%
Cholesterol	5mg
Cholesterol % DV	2%
Sodium	460mg
Sodium % DV	20%
Total Carbohydrate	57g
Dietary Fiber	8g
Sugars	5g
Total Carbohydrates % DV	21%
Dietary Fiber % DV	29%
Protein	4g
Vitamin A	N/A
Vitamin C	N/A
Calcium	4%
Iron	20%

You might also love...



Korean beef bibimbap bowl

Cook time

15 min

Prep time

10 min



Simple spicy tofu sushi

Cook time

1.5 min

Prep time

10 min



Sushi bake

Cook time

15 min

Prep time

5 min



Coconut ginger vegetable curry

Cook time

20 min

Prep time

20 min

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