



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**

Servings

**Column 2**

2

<b>Column 1</b>	<b>Column 2</b>
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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**Source URL:** <https://www.seedsofchange.com/recipes/kimchi-rice-bowl>