



HOME CHEF

# FORBIDDEN RICE BOWL

With Beets, Edamame and Shaved Carrot



It is said that forbidden, or 'black' rice, got its name because it was only to be consumed by Chinese Emperors. Well, we're glad those days are over, because this heirloom rice has a delicious, nutty flavor that is only eclipsed by nutritional density. Toss some beets, and edamame in the mix and you have a bowl full of healthful goodness that is second to none, just don't let the Emperor catch you eating it.

## OVERVIEW



TIME TO PREPARE



EASY RECIPE



DAYS BEST COOKED BY

## NUTRITION

Calories: 615  
Carbohydrates: 113g  
Fat: 14g  
Protein: 19g  
Sodium: 540mg  
*per serving*

## DIETARY



LOW CALORIE



DAIRY-FREE



GLUTEN-FREE



NUT-FREE

## DRINK PAIRING

Sweet Tea  
Oakly Chardonnay  
Ro=0e

## INGREDIENTS

1 Cup Forbidden Rice  
6 oz. Carrot  
5 oz. Grape Tomatoes  
10 oz. Cucumber  
4 Piece Parsley Sprigs  
1 Piece Red Beets  
1 oz. Shallot  
1 Piece Garlic Clove  
1 Cup Edamame  
1 Tbsp. Sugar  
1 Tbsp. Seasoned Rice Wine Vinegar

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## WHAT YOU NEED

Olive Oil  
Salt  
Pepper

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## EQUIPMENT

Sauce Pot, Small  
Mixing Bowl

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### Start the Rice

Combine forbidden rice, a pinch of **salt** and 2 cups of water in a small pot. Bring to a boil, cover and reduce to a simmer. Cook until tender, about 30 min. Season with a pinch of salt. This short grain rice is naturally sticky and will have a nice, chewy texture.



### Prepare the Ingredients

Rinse **carrot**, **tomatoes**, **cucumber** and **parsley**. Remove the ends, peel, and shave carrot with vegetable peeler. Halve tomatoes. Peel and cut cucumbers into ¼" dice. Stem parsley. Peel **red beet**, cut in half, and then into very thin half moon slices. Halve **shallot**, slice half into strips and mince other half. Mince **garlic**. Rinse **edamame**.



### Prepare Dressing

Mix minced **shallot**, minced **garlic**, **sugar**, seasoned rice **wine vinegar** and 1 ½ Tbsp. **olive oil** in a mixing bowl. Season with a pinch of **salt** and **pepper**.



### Mix Salad

Add **edamame**, **cucumber**, **carrots**, **tomatoes**, and **parsley** to bowl and toss to coat. Season with **salt** and **pepper**. Season sliced **beets** with a pinch of salt. Beets tend to "bleed" their rich, red color so they're added in the final plating step to prevent their color from transferring to the other vegetables.



### Plate the Dish

Divide rice between two bowls and arrange **dressed vegetables** and **beets** on top.