



In your box

- ¾ cup Seasoned Wild Rice Blend
- 8 oz. Brussels Sprouts
- 1 Fuji Apple
- ½ oz. Dried Cranberries
- 1 fl. oz. Balsamic Vinegar
- 1 Tbsp. Fig Preserves
- ½ oz. Sliced Almonds
- 1 oz. Goat Cheese



Wild Rice and Brussels Sprouts Harvest Bowl

with fig-balsamic vinaigrette

NUTRITION per serving—Calories: 637, Carbohydrates: 86g, Fat: 28g, Protein: 11g, Sodium: 1651mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
30-40 min.

Cook Within
7 days

Difficulty Level ● □ □ □
Easy

Spice Level □ □ □ □
Not Spicy

① You will need

Olive Oil, Salt, Pepper

Medium Pot, Mixing Bowl, Large Non-Stick Pan

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Thoroughly rinse produce and pat dry
- Refrigerate **goat cheese** until ready to use



1

Cook the Wild Rice

- Bring a medium pot with **wild rice** and 1½ cup **water** to a boil. Lower to a simmer, cover, and cook until tender, 20-23 minutes.
- *If water remains after 23 minutes, keep cooking an additional 5 minutes.*
- Remove from burner and set aside covered.
- While rice cooks, prepare ingredients.



2

Prepare the Ingredients

- Trim bottoms off **Brussels sprouts** and thinly slice.
- Quarter **apple** and remove core. Cut into ½" dice.
- Coarsely chop **cranberries**.



3

Make Vinaigrette and Toast Almonds

- Combine **balsamic vinegar**, 2 Tbsp. **olive oil**, **fig spread**, ¼ tsp. **salt**, and a pinch of **pepper** in a mixing bowl. Set aside.
- Place a large non-stick pan over medium heat. Add **almonds** to hot, dry pan and stir constantly until lightly toasted, 1-3 minutes.
- Once toasted, immediately transfer almonds to a plate.
- Wipe pan clean and reserve.



4

Cook the Brussels Sprouts and Apple

- Return pan used to toast almonds to medium heat.
- Add 1 Tbsp. **olive oil**, **Brussels sprouts**, and **apple** to hot pan. Stir occasionally until both are lightly browned and Brussels are tender, 7-9 minutes.
- Remove from burner. Season with ½ tsp. **salt** and ¼ tsp. **pepper**.



5

Finish the Dish

- Remove **goat cheese** from refrigerator.
- Plate dish as pictured on front of card, placing **Brussels sprouts** and **apples** over **rice** and pouring **vinaigrette** (to taste) over bowl. Garnish with **almonds**, **cranberries**, and **goat cheese** (crumbling with your hands if needed). Bon appétit!