



#### In your box

- 2 oz. Edamame
- 2 fl. oz. Ponzu Sauce
- 1 Tbsp. Chopped Ginger
- ¾ cup Jasmine Rice
- 12 oz. Red Beet
- 1 Avocado
- 2 Green Onions
- 1 Red Fresno Chile
- 1 oz. Mayonnaise
- 3 oz. Matchstick Carrots



## Avocado & Beet Poke Bowl

with yum yum sauce and edamame

NUTRITION per serving—Calories: 734, Carbohydrates: 94g, Fat: 34g, Protein: 13g, Sodium: 1693mg.  
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   
Mild

## ① You will need

Olive Oil, Salt, Pepper

Small Pot, Medium Non-Stick Pan, 2 Mixing Bowls

## 👑 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
- Ingredient(s) used more than once: **red Fresno chile, green onions**
- Check **avocado** for ripeness upon delivery. If unripe, close in a paper bag, either alone or with a banana, apple, or tomato. Let sit on a counter for a couple days.



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### Cook the Rice

- Bring a small pot with **rice**, 1½ cup **water**, and a pinch of **salt** to a boil.
- Reduce heat to low, cover, and cook until rice is tender, 18-20 minutes.
- Remove from burner. Set aside covered.
- While rice cooks, prepare ingredients.



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### Prepare the Ingredients

- Trim and thinly slice **green onions**, keeping white and green portions separate.
- Slice thin rounds from pointed half of **red Fresno chile**. Remove seeds. Stem, remove ribs and seeds, and mince other half. *Wash hands and cutting board after working with red Fresno chile.*
- Rinse **edamame** under warm water if still frozen.
- Trim ends off **beet**, peel, and cut into ½" dice.



3

### Cook the Beets

- Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**, 2 Tbsp. **water**, and **beets**.
- When water starts steaming, cover and cook, stirring a couple times, until beets are soft, 10-12 minutes.
- Uncover and stir in **ginger**. Stir constantly until fragrant, 30-45 seconds.
- Remove from burner and season with ¼ tsp. **salt** and a pinch of **pepper**.



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### Make the Salad

- Combine **edamame**, **red Fresno chile rounds** (to taste), **green portions of green onions**, **matchstick carrots**, 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper** in a mixing bowl. Set aside.



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### Make Yum Yum Sauce and Prepare Avocado

- In another mixing bowl, combine **ponzu sauce**, **mayonnaise**, **white portions of green onions**, and **minced Fresno** (to taste).
- Halve **avocado** and remove pit by *carefully* tapping pit with the blade of your knife so it sticks. Gently twist knife to release pit. Scoop out the flesh with a spoon and cut into ¼" slices.
- Plate dish as pictured on front of card, topping **rice** with avocado and **salad**, then **beets**. Serve yum yum sauce on the side for dipping. Bon appétit!