

Colorful Rice Bowl Meal



Here's a simple and delicious way to add some color to your day! This vegan bowl meal is perfect for meal prepping and will provide you with a sustainable source of energy due to its high fiber content. Not only is it a treat for your taste buds, but this bowl meal is also visually appealing and beneficial for your overall health!

Preparation 65 min

Cooking 45 min

Servings 4

Nutrition Facts (per serving)

Calories 380

Fat 9

Carbohydrates 59

Fibre 10

Protein 18

Sodium 150

Ingredients

- 250 ml (1 cup) wild rice blend, dry
- 750 ml (3 cups) water
- 375 ml (1 ½ cups) thawed frozen shelled edamame
- 250 ml (1 cup) grated carrots
- 250 ml (1 cup) thawed frozen corn kernels

- 180 ml ($\frac{3}{4}$ cup) store-bought or [homemade roasted chickpeas](#)
- 5 ml (1 tsp) lime zest
- 1 lime, cut into quarters
- 1 green apple, thinly sliced
- 1 red bell pepper, cut into thin strips
- 1 shallot, thinly sliced

Dressing (optional)

- 30 ml (2 tbsp) balsamic vinegar
- 5 ml (1 tsp) hot sauce (such as Sriracha)

Preparation

1. Cook the wild rice blend in a pot with water for 45 minutes. Drain if needed and let it cool for 15 minutes.
2. In a large bowl, mix together the rest of the ingredients.
3. Divide the rice and toppings evenly into 4 serving bowls or containers.
4. For the dressing (optional): mix the balsamic vinegar and hot sauce in a small bowl. Pour it over the 4 containers.

Notes

Keeps well in the refrigerator for 5 days. Do not freeze.



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