



🕒 Approximately **35 min**

🔥 **344 kcal** p.p.

👤 **4 persons**

WHAT YOU NEED

- Brown rice - half whole grain: 300 g
- A bunch of radishes: 1 pcs
- Tatsoy sprouts: 1 pcs
- Green asparagus: 500 g
- Onions: 1 pcs
- Carrots: 400 g

GOOD TO HAVE AT HOME

- Salt
- Pepper
- Olive oil
- Garlic cloves: 2 pcs
- Lemon juice: 1 dash

ALLERGENS

SPRING RICE BOWL WITH SPROUTS, RADISHES AND GREEN ASPARAGUS

RICE

- Add the brown rice and the 2.5 x amount of water to a pot and bring to a boil. Reduce the heat to medium/low, cover with a lid and let simmer for 20 min. until tender. Drain afterwards if necessary. Keep warm in the pot

SPRING RICE BOWL WITH SPROUTS, RADISHES AND GREEN ASPARAGUS

- Peel and chop garlic and onion. Peel and cube carrots. Wash the asparagus and discard the woody ends. Peel from the bottom if the peel is too thick. Cut into approx. 3 cm long pieces. Heat some olive oil in a large pan and sauté garlic and onion on medium heat until translucent. Add carrots, asparagus and 75 ml water. Cook on medium heat until tender and season with salt and pepper afterwards. Stir occasionally.
- Meanwhile, clean and slice the radishes. Wash the sprouts.
- Combine all previously prepared ingredients in a large bowl. Drizzle with some olive oil and season to taste with salt, pepper and a dash of lemon juice.
- Arrange the spring rice bowl with sprouts, radishes and green asparagus on plates and enjoy while still warm.