

Miso-Sesame Shredded Salad

with Red Rice & Gingered Carrots

With its stunning colors, exciting textures and bright, fresh flavors, this shredded salad is summertime come early. We're tossing crunchy strips of red cabbage and yellow squash with a wholesome blend of rice (including gorgeous red grains), all in a savory-sweet dressing. Our garnishes include carrot marinated with fresh ginger—stir it into the salad before eating for the most vibrant-tasting results!



Blue Apron Wine Pairings

Iris Vineyards Pinot Noir, 2014

Le Pont Vers Le Bar Chinon, 2015



Ingredients

½ Cup Red Rice Blend
2 Carrots
2 Scallions
1 Yellow Squash
½ Pound Red Cabbage

Knick Knacks

2 Tablespoons White Miso Paste
2 Teaspoons Honey
1 1-Inch Piece Ginger
1 Tablespoon Sesame Oil
¼ Cup Rice Vinegar
¼ Cup Cashews

Makes: 2 servings | **Calories:** about 525 per serving

Prep Time: 15 minutes | **Cook Time:** 25–35 minutes



1



Cook the rice:

Heat a medium pot of salted water to boiling on high. Once boiling, add the **rice** and cook 25 to 27 minutes, or until tender. Drain thoroughly.

2



Prepare the ingredients:

While the rice cooks, wash and dry the fresh produce. Peel the carrots and grate on the large side of a box grater. Peel and mince the ginger. Roughly chop the cashews. Cut out and discard the cabbage core; thinly slice the leaves. Cut the squash into matchsticks. Cut off and discard the root ends of the scallions; thinly slice on an angle, separating the white bottoms and green tops.

3



Marinate the carrots:

While the rice continues to cook, in a medium bowl, combine the **carrots**, **ginger** and **half the vinegar**; season with salt and pepper to taste. Drizzle with olive oil and toss to thoroughly combine. Set aside to marinate, stirring occasionally, for at least 10 minutes.

4



Toast the cashews:

Once the carrots have marinated for about 5 minutes, heat a medium, dry pan (nonstick, if you have one) on medium-high until hot. Add the **cashews** and toast, stirring frequently, 2 to 3 minutes, or until lightly browned and fragrant. Remove from heat.

5



Make the dressing:

While the carrots continue to marinate, in a large bowl, combine the **honey**, **miso paste** and **remaining vinegar**; season with salt and pepper to taste. Slowly whisk in the **sesame oil** until well combined.

6



Finish & plate your dish:

Add the **cooked rice**, **cabbage**, **squash** and **white bottoms of the scallions** to the bowl of **dressing**. Toss to thoroughly combine and season with salt and pepper to taste. Divide the finished salad between 2 dishes. Top with the **marinated carrots**. Garnish with the **toasted cashews** and **green tops of the scallions**. Enjoy!