

Laotian Vegetable Laab

with Soy-Glazed Mushrooms & Coconut Rice

PREP TIME: 15 minutes

COOK TIME: 25-35 minutes

SERVINGS: 2

Laab is a beloved Laotian chopped salad known for its balance of hot chiles, lime and fresh herbs like cilantro and mint. At the heart of our vegetarian version is a duo of sautéed mushrooms and broccoli, tossed in a savory-sweet soy and peanut sauce. We're serving the vegetables with lightly sweet coconut rice and spicy marinated carrots. In traditional style, we're piling it all atop cabbage leaves, whose sturdy crunch creates the perfect edible vehicle.



BLUE APRON WINE PAIRING:

Arco von Kammersbründl Grüner Veltliner, 2015

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Ingredients



3/4 cup
JASMINE RICE



2
CARROTS



6 oz
CREMINI
MUSHROOMS



1
LIME



1/2 lb
BROCCOLI



1/2 lb
SAVOY CABBAGE



1 bunch
CILANTRO & MINT

KNICK KNACKS:



3 Tbsp
SOY GLAZE



2 Tbsp
PEANUT BUTTER



1
SERRANO PEPPER



1 Tbsp
COCONUT PALM
SUGAR



1/4 cup
COCONUT MILK
POWDER



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1 Prepare the ingredients:

- ☐ Wash and dry the fresh produce.
- ☐ Peel the carrots; thinly slice on an angle.
- ☐ Quarter the lime.
- ☐ In a bowl, combine the **coconut milk powder** and **1 cup of water**; whisk until smooth.
- ☐ Thinly slice the mushrooms.
- ☐ Cut the broccoli into bite-sized florets.
- ☐ Cut out and discard the core of the cabbage; separate the leaves.
- ☐ Pick the cilantro and mint leaves off the stems; discard the stems.
- ☐ Cut off and discard the stem end of the pepper; thinly slice into rounds. (For a milder dish, halve the pepper lengthwise; remove and discard the ribs and seeds, then thinly slice crosswise.) Thoroughly wash your hands immediately after handling the pepper.

2 Marinate the carrots:

- ☐ In a medium bowl, combine the **carrots, sugar, the juice of 2 lime wedges** and **as much of the pepper as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper.
- ☐ Set aside to marinate, stirring occasionally, for at least 10 minutes. Season with salt and pepper to taste.

3 Make the coconut rice:

- ☐ While the carrots marinate, in a small pot, combine the **rice, coconut milk powder mixture** (whisking just before adding) and **a big pinch of salt**. Heat to boiling on high.
- ☐ Once boiling, cover and reduce the heat to low. Cook 12 to 14 minutes, or until the liquid has been absorbed and the rice is tender.
- ☐ Turn off the heat and fluff the cooked rice with a fork. Set aside in a warm place.

4 Make the sauce:

- ☐ While the rice cooks, in a medium bowl, combine the **peanut butter, soy glaze** and **¼ cup of water**. Whisk until smooth. Season with salt and pepper to taste.

5 Brown the mushrooms:

- ☐ While the rice continues to cook, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **mushrooms** and cook, stirring occasionally, 6 to 8 minutes, or until browned. Season with salt and pepper. Transfer to the bowl of **sauce** and stir to thoroughly combine. Wipe out the pan.

6 Cook the broccoli & plate your dish:

- ☐ In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **broccoli**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until lightly browned and slightly softened. Add **⅓ cup of water** and cook, stirring occasionally, 4 to 6 minutes, or until the water has cooked off. Transfer to the bowl of **browned mushrooms and sauce**; stir to thoroughly combine. Season with salt and pepper to taste.
- ☐ Divide the **cabbage** between 2 dishes; top with the **cooked rice**, glazed mushrooms and broccoli and **marinated carrots** (draining before adding). Garnish with the **cilantro** and **mint**. Serve with the **remaining lime wedges** on the side. Enjoy!