

# Miso Mushroom & Brown Rice Bowls

with Spicy Mayo & Fried Eggs

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**  
blueapron.com




## Ingredients\*

Customized ingredients


### ADDED:



10 oz Tail-On Shrimp<sup>1</sup> 

or



10 oz Boneless Chicken Breast Pieces 



1 Tbsp Sweet White Miso Paste



1 Tbsp Mirin<sup>2</sup>



2 Pasture-Raised Eggs



½ lb Mushrooms



2 Tbsps Mayonnaise



3 Tbsps East Asian-Style Sautéed Aromatics



½ cup Brown Rice



10 oz Baby Bok Choy



2 tsps Gochujang



1 tsp Black & White Sesame Seeds



Serve with Blue Apron wine that has this symbol  
[blueapron.com/wine](https://blueapron.com/wine)



10 - 18

PersonalPoints™  
range per serving

Now your Points value is personalized to YOU! It could be between 10-18 Points. Scan the barcode to see yours!



Scan this barcode in your WW app to track PersonalPoints. Wine is not included in PersonalPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating.

If you customized this recipe, your PersonalPoints may differ from what's above.

To learn more about the (NEW!) WW PersonalPoints™ program, visit [www.ww.com](https://www.ww.com). The WW logo, PersonalPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

<sup>1</sup> peeled & deveined <sup>2</sup> salted cooking wine  
\*Ingredients may be replaced and quantities may vary.



COOK ALONG WITH



"Alexa, find Blue Apron recipes."

## 1 Cook the rice

- In a small pot, combine the **rice**, a **big pinch of salt**, and **1 1/4 cups of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 23 to 25 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat; fluff with a fork. Stir in the **mirin**.



## 2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Cut the **mushrooms** into bite-sized pieces.
- Cut off and discard the root ends of the **bok choy**; roughly chop, separating the stems and leaves.
- In a bowl, combine the **mayonnaise**, **1 teaspoon of water**, and **as much of the gochujang as you'd like**, depending on how spicy you'd like the dish to be.



## 3 Cook the mushrooms

- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **mushroom pieces** in an even layer. Cook, without stirring, 4 to 5 minutes, or until lightly browned. Season with salt and pepper.
- Add the **miso paste** and **2 tablespoons of water** (carefully, as the liquid may splatter). Cook, stirring frequently, 3 to 4 minutes, or until the mushrooms are browned and coated.
- Transfer to a bowl. Cover with foil to keep warm.
- Rinse and wipe out the pan.



## CUSTOMIZED STEP 3

*If you chose Shrimp*

- Pat the **shrimp** dry with paper towels (remove the tails if desired). Season with salt and pepper.
- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **mushroom pieces** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Season with salt and pepper.
- Add the **seasoned shrimp**. Cook, stirring occasionally, 1 to 2 minutes, or until the shrimp are slightly opaque.
- Add the **miso paste** and **2 tablespoons of water** (carefully, as the

## Customized Step 3 continued:

liquid may splatter). Cook, stirring frequently, 3 to 4 minutes, or until coated and the shrimp are opaque and cooked through.

- Transfer to a bowl. Cover with foil to keep warm.
- Rinse and wipe out the pan.

*If you chose Chicken*

- Pat the **chicken** dry with paper towels. Season with salt and pepper.
- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **mushroom pieces** and **seasoned chicken** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Season with salt and pepper.
- Add the **miso paste** and **2 tablespoons of water** (carefully, as the liquid may splatter). Cook, stirring frequently, 3 to 4 minutes, or until coated and chicken is cooked through.
- Transfer to a bowl. Cover with foil to keep warm.
- Rinse and wipe out the pan.

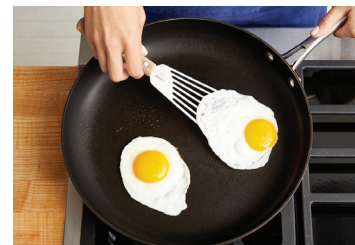
## 4 Cook the bok choy

- To the same pan, add the **sautéed aromatics** (carefully, as the liquid may splatter). Cook on medium-high, stirring frequently, 30 seconds to 1 minute, or until softened.
- Add the **chopped bok choy stems**. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Add the **chopped bok choy leaves**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until wilted.
- Transfer to a bowl.
- Rinse and wipe out the pan.



## 5 Fry the eggs & serve your dish

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Crack the **eggs** into the pan, keeping them separate; season with salt and pepper. Cook 4 to 5 minutes, or until the whites are set and the yolks are cooked to your desired degree of doneness.
- Turn off the heat.
- Serve the **cooked rice** topped with the **cooked mushrooms**, **cooked bok choy**, and **fried eggs**. Drizzle with the **spicy mayo**. Garnish with the **sesame seeds**. Enjoy!



## CUSTOMIZED STEP 5

*If you chose Shrimp*

- Fry the eggs and serve your dish as directed with the **cooked mushrooms and shrimp**.

*If you chose Chicken*

- Fry the eggs and serve your dish as directed with the **cooked mushrooms and chicken**.