

Banh Mi Buddha Bowl

Swick

Makes 3 servings | Active Time: 15 minutes | Total Time: 15 minutes

Chef's Notes

Suggested adult serving: 2 cups

Store any leftovers in an airtight container in the refrigerator for up to 3 days.

Pure Maple Syrup: Maple syrup is boiled down sap from the maple tree. Make sure to purchase “pure maple syrup” (not “pancake syrup,” “table syrup,” or “maple-flavored syrup,” or even just “maple syrup,” as they contain artificial maple flavor and cane sugar or corn syrup).

Step 1: Make Fixings for the Bowls

- 1 cup brown rice rinsed & drained (≈3 cups cooked)
 - FOR THE QUICK PICKLE
 - 3/4 cucumber thinly sliced (≈7 1/2 oz)
 - 3/4 carrot cut into matchsticks (≈1/3 cup)
 - 1 1/2 oz radishes thinly sliced (≈3 tablespoons)
 - 1/3 cup brown rice vinegar
 - 1 tablespoon pure maple syrup
 - 3/4 teaspoon crushed red pepper flakes (optional)
 - FOR THE BUDDHA BOWL
 - 7 1/2 oz ready-to-eat shelled edamame (≈1 1/2 cups)
 - 1/3 yellow onion chopped (≈1/3 cup)
 - 1 1/2 cloves garlic minced (≈1 1/2 teaspoons)
 - 1 1/2 tablespoons fresh lime juice
 - 3/4 teaspoon sriracha
 - sea salt
 - freshly ground black pepper
 - 1/3 cup fresh cilantro, finely chopped
- PREPARE GRAINS**
In a saucepan over high heat, bring rice and 2 cups water to a boil. Reduce heat to low, cover, and simmer for 45 minutes. Remove from heat and let cool; fluff rice with a fork.
- PICKLE VEGETABLES**
In a bowl, combine cucumbers, carrots, radishes, rice vinegar, maple syrup, and pepper flakes (if using). Chill in the refrigerator until ready to serve.
- COOK EDAMAME**
In a skillet over medium heat, cook edamame, onions, and garlic, stirring occasionally, until hot but still crisp, 1 to 2 minutes. Add water 1 to 2 tablespoons at a time as needed, to keep vegetables from sticking.
- MAKE DRESSING**
Drain pickled vegetables, reserving liquid. Add lime juice and sriracha to reserved liquid. Season with salt and pepper to taste.
- ASSEMBLE & SERVE**
Toss rice with 1/4 cup cilantro and place in bowls. Top with edamame and pickled vegetables. Drizzle with dressing and top with remaining cilantro.