

Asian-style Rice Bowl

It's Friday and using Wednesday's leftovers, you'll create a delicious rice bowl tonight.

You've got leftover stir-fry and rice. You'll only need to prepare the fresh ingredients and the dressing. Dinner in 25 minutes folks!

Preparation Time: 25 minutes - Serves: 2

Organize Your Ingredients!

Notes on Organizing

As always, we'll organize ingredients in small piles or in bowls so they are easy to add. Prep all of the ingredients and this will be a quick meal.

Plant-based Choice or Optional Chicken

Plant-based Choice

1 tsp. olive oil
4 chickenless tenders

Optional Chicken

1 tsp. olive oil
1 boneless, skinless chicken breast
1/2 C. White wine

Rice Bowl Ingredients

8 leaves red or green leaf lettuce
1/2 a large cucumber (peeled and chopped)
3/4 C. thinly sliced cabbage

1 C. chopped tomato (about 8 halved cherry tomatoes)

1 C. leftover cooked rice from fridge

1-1/2 C. leftover stir-fry from fridge

1 green onion (chopped into rounds)

Asian Dressing

1/3 C. washed, fresh basil leaves

- or -

1/4 C. washed cilantro leaves

2 tsp. sesame oil

1 clove garlic (whole/peeled)

1/4 C. chopped yellow onion

1 tsp. Prepared mustard

1 T. low-sodium soy sauce

2 T. rice wine vinegar

1/4 tsp. honey

1/4 tsp. grated fresh ginger

1/2 tsp. Asian pepper sauce

1/2 C. low-sodium vegetable broth

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Once ingredients are prepped, you're practically finished. I always make the dressing first on this one. Then the assembly goes smoothly.

I've included an extra step at the start of this recipe as some folks have felt they needed extra meat with this dish. It is quite complete without it.

First Things First

If you feel you need extra meat...

Plant-based Choice

Preheat oven to 375° and bake 4 chickenless tenders for 15 minutes. Cool slightly and slice.

Optional Chicken

Brown chicken breast in oil.

Add 1/2 C. white wine to pan and reduce heat to medium-low. Cover and cook 5 minutes per side. Remove from heat, let cool and slice.

Asian Dressing

Blend all ingredients in food processor. Pour into serving container.

Rice Bowl Assembly

1. First layer: divide prepped lettuce, cucumber and cabbage between two shallow bowls.
2. Dress each bowl with 1 T. Asian dressing.
3. Second Layer: warm leftover rice and stir-fry in microwave and divide between bowls, spooning 1/2 C. rice and 3/4 C. stir fry over the lettuce in each bowl.
4. Third Layer (if adding extra meat): add warm sliced chickenless tenders (or sliced chicken breast) to each bowl.
5. Final Layer: Finish each bowl with chopped tomatoes.
6. Garnish with green onions.

Drizzle 2 more tsp. Asian dressing on top of each bowl and serve.

What I've Learned from this Recipe

I've discovered that preparing meals with purposeful leftovers is a real timesaver. It's so convenient to have major portions of meals ready and waiting in the fridge. And, creative uses of leftovers, like rice bowls, are nutritious and satisfying.

Let us know what you think, or ask any questions you have! chezdon@plate6.com