

# Karaage Rice Bowl



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Serves: 4



Prep & Cook Time: 25 minutes

## Ingredients

4 tsp (20 mL) canola oil  
2 carrots, thinly sliced into half-moons  
1/2 lb (250 g) sliced mushrooms  
2 zucchini, sliced into half-moons  
2 cups (500 mL) bean sprouts  
Pinch salt and freshly ground pepper  
1 1/4 cups (300 mL) sushi rice, cooked according to package directions  
12 oz (340 g) Reuven Fully Cooked Karaage (Product Code 10610), prepare according to package directions and kept warm  
2 tsp (10 mL) toasted sesame seeds

## Dressing:

1/3 cup (75 mL) rice wine vinegar  
3 tbsp (45 mL) soy sauce  
1 tbsp (15 mL) minced fresh gingerroot  
1 tbsp (15 mL) sesame oil  
2 tsp (10 mL) canola oil  
1 1/2 tsp (7 mL) granulated sugar

## Preparation Instructions

**Dressing:** Whisk together vinegar, soy sauce, ginger, sesame and canola oil, and sugar.

In wok or large skillet, heat canola oil over medium-high heat; sauté carrots, mushrooms and zucchini for 5 or 6 minutes or until vegetables are tender-crisp. Stir in bean sprouts, salt and pepper. Cook for about 2 minutes or until bean sprouts are tender-crisp; toss with dressing.

Divide rice among 4 bowls; top with sautéed vegetables and hot, prepared Karaage. Garnish with sesame seeds.

**Tip:** Serve with Asian-style hot sauce and garnish with green onions if desired.

