

RightRice®

Digital Cookbook



The holy grail of grain-ovation.

It's a teensy, tiny micro revolution. No bigger than a grain of rice. That's because we pack each grain of **RightRice** with the power of veggies.

Whether you are looking for a healthier alternative to your typical side of rice, or a modern twist on your classic risotto, you can enjoy **RightRice** in a variety of right-er products all deliciously packed with 2x the protein, 5x the fiber, and way less carbs!

We wanted to share a few of our favorite quick and easy recipes to help reimagine your risotto, boost your burrito, and power up your paella.

We hope you enjoy these recipes from the **RightRice** Kitchen to yours!



**Rice. Packed with the
power of veggies.**

Your search for the perfect veggie rice ends here.

- Made from lentils, chickpeas, green peas + rice
- More than 2x the protein, 5x the fiber and almost 40% less net carbs
- A complete, plant-based protein
- Cooks faster (and easier) than regular rice, ready in about 10-12 minutes
- Anything you can make with rice, you can make with RightRice
- Between RightRice, RightRice Medleys, and RightRice Risotto, there is a flavor for everyone!

RightRice®

White Rice*

10g

MORE PROTEIN
(And a complete protein!)

4g

5g

MORE FIBER

0g

ALMOST 40% LESS NET CARBS

*leading white rice, per 50g of dry rice.



NON GMO



VEGAN



GLUTEN FREE



COMPLETE
PROTEIN



KOSHER



LOW GLYCEMIC
INDEX

Say *buongiorno* to RightRice Risotto!

Deliciously creamy and surprisingly dairy-free risotto that's easy to cook in one pot in just 12 minutes.

Now you can enjoy a protein-packed, fiber-loaded bowl of Risotto with way less carbs any night of the week!



GLUTEN
FREE

10g COMPLETE
PROTEIN*

5g FIBER*

RightRice® risotto

MADE FROM VEGETABLES

creamy parmesan style



A BLEND OF LENTILS,
CHICKPEAS, PEAS + RICE



*PER 50g SERVING

NET WT. 6 OZ (170 G)

**Highlights the delectable flavor of
aged Parmesan cheese.**

Creamy Parmesan Style Risotto with Roasted Tomatoes

Servings: 3 | Prep time: 10 mins | Cook time: 25 mins

This vegan version of a caprese-inspired risotto will leave you satisfied and in disbelief that it's dairy-free! Pair this dish with your favorite protein. We suggest salmon, chicken, or shrimp.

Ingredients:

- 1 package RightRice Creamy Parmesan Style Risotto
- 2 cups sliced cherry tomatoes (any color you'd like)
- 2 Tbsp. extra-virgin olive oil, plus more for finishing
- 2 cloves garlic, smashed and peeled
- ½ tsp. kosher salt
- Freshly ground pepper
- ½ cup pine nuts
- 1 bunch fresh basil

Preparation:

Preheat the oven to 350°F. Place the cherry tomatoes and garlic on a sheet pan and drizzle with the olive oil, salt, and a few fresh grindings of pepper. Stir to coat evenly with the olive oil. Roast



for 10 minutes in the oven, then add the pine nuts to the pan and stir to coat them in the oil. Roast for another 7-10 minutes, or until the pine nuts are lightly toasted and the tomatoes have softened. Remove the garlic from the pan and discard.

While the tomatoes roast, prepare the RightRice Creamy Parmesan Style Risotto. In a medium saucepan, bring water to a boil. Add RightRice Risotto, reduce heat, and cook at a gentle boil uncovered for 5 minutes, stirring occasionally. Remove from heat and let stand covered for 7 minutes. (If preferred, substitute the water with vegetable or chicken stock for added flavor.)

When the tomatoes are out of the oven, tear a handful of basil leaves over the tomatoes and allow them to wilt as the tomatoes cool. Finely chop a few more pieces of basil and stir them into the cooked RightRice Risotto.

To plate, place $\frac{1}{4}$ of the RightRice Risotto in a bowl and add a generous scoop of the tomatoes and pine nuts over the top. Repeat with the other servings.

Finish with an extra drizzle of olive oil, some basil leaves and another fresh grinding of pepper.

Serve warm.

**"OMG, this stuff is the
bomb!!!" —LP**



GLUTEN
FREE

10g COMPLETE
PROTEIN*

5g FIBER*

RightRice®

MADE FROM VEGETABLES

original



A BLEND OF LENTILS,
CHICKPEAS, PEAS + RICE

*PER 50g SERVING
NET WT. 7 OZ (198 G)

**Our comforting classic
ready-to-be-seasoned your way.**

RightRice Tabouli Bowl

Servings: 4 | Prep time: 15 mins | Cook time: 10 mins

This is not your typical tabouli! Swapping out traditional couscous with RightRice, which gets seasoned with fresh mint and cilantro, and laced with crumbles of creamy feta. Served chilled and loaded with fresh spring vegetables, this salad is a refreshing choice for lunch or as a side during dinner.

Recipe courtesy of Chef Rich Rhea at The Butcher's Daughter.

Ingredients:

- 2 cups Original RightRice
- 2 cups vegetable stock
- 1 bunch of asparagus (stalks trimmed)
- 1 cucumber (diced)
- 1 avocado (diced)
- 1 ninja radish (shaved)
- Feta cheese (as much as your heart desires)
- 3 Tbsp. olive oil
- Mint vinaigrette
- Micro greens
- Salt and pepper



THE BUTCHER'S
DAUGHTER

JUICE BAR & CAFE
NEW YORK
LOS ANGELES

Butcher's Daughter



Preparation:

Prepare the RightRice according to the package instructions, replacing water with vegetable stock. As it sits for 10 minutes, prepare the asparagus.

Heat oven to 400°F, place asparagus stalks on a sheet tray and drizzle with olive oil, salt and pepper. Cook for 7 minutes, let asparagus cool down before cutting in 3rds. Set aside.

Fluff RightRice with a fork and cool on a sheet tray.

Once RightRice is cooled, place in a large bowl and fold in the desired amount of asparagus, cucumber, radish, feta cheese and all of the avocado. Drizzle with mint vinaigrette, season with a heavy pinch of salt and pepper and mix thoroughly.

Once plating, divide between 3-4 bowls. Finish with micro greens and a little more mint vinaigrette.

Lemony Chicken Soup

Servings: 4 | Prep time: 10 mins | Cook time: 30 mins

Ingredients:

- 1 Tbsp. olive oil
- 1 medium leek, white and pale-green parts only, halved lengthwise, sliced crosswise ½" thick
- 1 celery stalk, sliced crosswise ½" thick
- 12 ounces skinless, boneless chicken thighs
- 6 cups low-sodium chicken broth
- Kosher salt, freshly ground pepper
- ½ cup Original RightRice
- ¼ cup chopped fresh dill
- Lemon halves (for serving)



Preparation:

Heat oil in a large heavy pot over medium heat. Add leek and celery and cook, stirring often, until vegetables are soft, 5-8 minutes. Add chicken and broth; season with salt and pepper. Bring to a boil, cover, reduce heat, and simmer until chicken is cooked through, 15-20 minutes. Transfer chicken to a plate. Let cool, then shred chicken into bite-size pieces.

Meanwhile, return broth to a boil. Once boiling, pour in the RightRice, remove the pot from heat, and let sit for 10 minutes.

Fluff the rice and stir in chicken and dill. Serve with lemon halves for squeezing over.





Skirt Steak Bowl

Servings: 4 | Prep time: 15 mins | Cook time: 20-30 mins

Ingredients:

- 1 package Original RightRice
- 1 lb. flank or skirt steak
- 2 tsp. chili powder
- 1 Tbsp. vegetable oil
- 2 tsp. kosher salt
- 2 ears corn
- ½ red onion, quartered through the stem
- 1 bunch green onions, stems removed
- 3 sweet peppers, sliced into rings
- ¼ cup chimichurri or salsa verde
- Chopped cilantro for garnish (optional)

Preparation:

Cook the RightRice according to the package instructions.

Rinse the steak and pat dry with paper towels. Sprinkle with the chili powder and the salt on both sides. Place a grill pan or large frying pan over medium-high heat. Once hot, add the oil, then

Skirt steak and chimichurri is one of our favorite meals to make! Cooking some RightRice while we grill our steak is the easiest, and tastiest, side dish. It's delicious with the chimichurri sauce drizzled over the top.

the steak. Cook until the steak is well-seared, about 3-4 minutes per side for medium rare. Allow the steak to rest for at least five minutes before carving.

While the steak rests, add 1 tsp. of oil to the pan, and add the corn. Grill the corn, allowing it to char a little, and flip with tongs until evenly browned, about 4-5 minutes total. Remove from the grill and allow to cool before carving off the cob and sprinkling with salt.

In a medium-sized mixing bowl, toss the red and green onions and the peppers with 1 Tbsp. of oil and a pinch of salt. Grill until softened, 1-2 minutes per side.

Place $\frac{1}{4}$ of the RightRice in a bowl. Top with 4 oz. of the sliced steak and a generous helping of grilled onions and peppers. Drizzle with 1 Tbsp. of the chimichurri and sprinkle with cilantro. Repeat.

Strawberry Rhubarb Rice Pudding

Servings: 4 | Prep time: 15 mins | Cook time: 20 mins

Ingredients:

- 1 package Original RightRice
- 4 cups half and half (or dairy alternative half and half)
- 1 tsp. vanilla paste
- 1 tsp. cinnamon
- 2 Tbsp. maple syrup for half and half mixture
- 4 rhubarb stalks cut into cubes
- 1 cup strawberries cut into quarters with stems removed
- ¼ cup maple syrup for fruit mixture
- ¼ cup water
- 2 Tbsp. chia seeds
- Strawberries for garnish
- 2 Tbsp. cocoa nibs



Preparation:

Prepare the RightRice according to the packaging directions replacing the liquid with the 4 cups of half and half. Mix in the vanilla, cinnamon and maple syrup. Stir well and leave to sit until cooled down to room temperature. Meanwhile make the chia jam.

Place the rhubarb cubes, strawberries, maple syrup and water in a large saucepan. Bring to a simmer on medium heat until the fruit starts to break down. This will take about 5-7 minutes. Turn off the heat and add in the chia seeds. Mix well and transfer to a bowl and leave to cool to room temperature.

Once the rice and jam is cool, transfer both to the refrigerator to cool overnight.

In 4 glasses layer the chia jam, then rice pudding and top with cocoa nibs. Garnish with extra strawberries.

**We packed rice with
veggies and still found
room for flavor.**



GLUTEN
FREE

10g

COMPLETE
PROTEIN*

5g

FIBER*

RightRice®

MADE FROM VEGETABLES

garlic herb



A BLEND OF LENTILS,
CHICKPEAS, PEAS + RICE

*PER 50g SERVING
NET WT. 7 OZ (198 G)

Loaded with fresh herb flavors and a well-rounded garlic finish.

Salmon Nicoise Salad

Servings: 4 | Prep time: 15 mins | Cook time: 20 mins

Ingredients:

- 1 package Garlic Herb RightRice
- 2 Tbsp. olive oil
- 4 salmon fillets, 5 oz. each
- 4 eggs
- ½ lb. green beans, trimmed and cut into 2" pieces
- 2 cups arugula
- 2 tomatoes cut into wedges
- 2 Tbsp. capers
- Balsamic salad dressing
- Salt and pepper for seasoning





Preparation:

Prepare the RightRice according to the package instructions. As it sits for 12 minutes, prepare the salmon, green beans and eggs. Once cooked, fluff with a fork.

Season salmon fillets with salt and pepper. Drizzle olive oil into a large skillet. Turn up stove to medium-high heat. Sear fillets on each side for 3 minutes each. Transfer to a plate.

Boil water in a saucepan and add in the eggs. Cook for 10 minutes and then transfer to a bowl filled with ice and water. Once cool, peel the eggs.

Boil a new batch of water in a large saucepan and cook the green beans for 2 minutes. Transfer the beans to a bowl filled with ice and water. Drain and transfer to a plate.

Divide all the ingredients into 4 plates and serve with balsamic salad dressing.

Italian Chopped Salad

Servings: 4 | Prep time: 12 mins | Cook time: 10 mins

Ingredients:

- 1 package Garlic Herb RightRice
- 1 head romaine lettuce, chopped
- 1 salami, sliced
- 1 cup olives
- 1 bell pepper, chopped into cubes
- 1 English cucumber, chopped into cubes
- 1 cup mozzarella, cut into cubes
- 1 cup pepperoncini
- 1 cup cherry tomatoes, cut in halves
- ½ cup parmesan cheese
- Black pepper to season
- ½ cup Italian dressing



Preparation:

Prepare Garlic Herb RightRice according to package directions.

Divide all the ingredients equally into 4 bowls and season with black pepper. Toss with the dressing. If you are taking the salad to lunch on-the-go, then divide the salad dressing into small containers and dress the salad before eating.





Arancini Balls

Makes: 16 Balls | Prep time: 60 mins | Cook time: 20 mins

Ingredients:

- 1 package Garlic Herb RightRice
- 1 ½ cup vegetable stock
- ¼ cup mushroom bisque
- ½ cup mozzarella shredded cheese
- ¼ cup parmesan cheese
- 2 eggs - whisked

For the Coating

- 3 cups panko
- 3 eggs - whisked
- Vegetable Oil

For the Garnish

- 1 tsp. chopped parsley
- 1 tsp. lemon zest
- Sea salt
- Lemon wedges

Preparation:

Prepare the RightRice according to the packaging directions replacing the liquid with the vegetable stock.

While the rice is still warm add in the mushroom bisque and cheeses. Mix well and then mix in the eggs to bind the rice.

We love this right-er spin on arancini, the epitome of southern Italian street food. These are a total triple threat: crunchy, creamy, and cheesy, which makes them a guaranteed crowd pleaser. The freezer is your friend here. Don't skip the freeze!

Using an ice cream scooper, scoop the rice into balls and place them on a lined baking tray. Freeze for an hour.

Place the Panko in a large shallow bowl and next to it the eggs in a separate bowl. Take the rice balls out of the freezer.

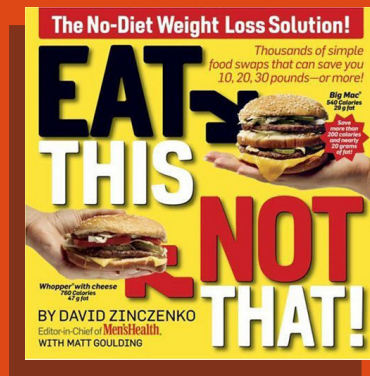
Dip the rice balls in the egg and shake off any excess. Dip in the Panko until fully covered. Repeat the same process with the same rice ball. Yes, you are coating it twice!

Do the same with the rest of the rice balls. Place in the refrigerator while you wait for the oil to heat up.

In a large saucepan, heat 1 ½" of vegetable oil until it gets up to 350°F. Cook rice balls 3 at a time to avoid crowding. Move the balls around to get even browning and transfer to a platter lined with paper towels.

Transfer to a serving dish and garnish with parsley, lemon zest and salt. Serve with lemon wedges.

“...brilliant innovation!”





GLUTEN
FREE

10g COMPLETE
PROTEIN*

5g FIBER*

RightRice®

MADE FROM VEGETABLES

spanish



A BLEND OF LENTILS,
CHICKPEAS, PEAS + RICE

*PER 50g SERVING
NET WT. 7OZ (198G)

**The delicious taste of Spanish flavor
with tomato, peppers, and garlic.**

Paella is the ultimate Spanish comfort food. Traditionally prepared with chorizo sausage, chicken, and a beautiful variety of seafood, you can make this version with whatever looks good to you at the market. Here, we've used chorizo, grilled chicken breast, and shrimp for a quick version that is packed with flavor.



Quick Paella with Chorizo, Chicken, and Shrimp

Servings: 4 | Prep time: 10 mins | Cook time: 20 mins

Ingredients:

- 1 package Spanish RightRice
- ¼ cup olive oil, divided
- ½ onion, diced
- 1 bell pepper, seeded and sliced into strips
- Kosher salt and freshly ground pepper
- 6 oz. pre-cooked chorizo sausage, sliced into ¼" rounds
- 1 ⅓ cups chicken stock
- ½ cup freshly shelled or defrosted peas
- 2 Tbsp. chopped flat-leaf parsley, plus more for garnish
- Juice of ½ lemon

Optional:

- 8 oz. cooked and sliced chicken breast
- 8 oz. sautéed shrimp



Preparation:

In a large frying pan, heat 1 Tbsp. of the olive oil over medium heat. Add the onion, peppers, and a pinch of salt. Stir frequently, until the onion and peppers have softened, about 5 minutes.

Add the chorizo and cook until browned, about 2 minutes. Stir in the RightRice to coat the grains with the oil. Add the stock, bring to a quick simmer, and immediately turn off the heat. Cover and allow to sit for 12 minutes.

When the rice is cooked, add the peas and the parsley, then fluff with a fork.

Divide the rice between four bowls and top with the chicken and shrimp if using. Add a squeeze of lemon and garnish with parsley before serving.

Black Beans & Rice with Roasted Red Peppers

Servings: 4 | Prep time: 5 mins | Cook time: 18-20 mins

A perfect meatless meal on its own or as a delicious side, this recipe is a simple way to bring out the best in the Spanish rice. For the meat-lovers in the house, sauté one pound of ground beef along with the onions before adding the rice.

Ingredients:

- 1 package Spanish Right Rice
- 2 Tbsp. olive oil, divided
- ½ yellow onion, diced
- Kosher salt
- 1 ⅓ cups vegetable stock or water
- 6 sweet mini peppers, sliced into rings
- 1 15 oz. can black beans, drained and rinsed
- 1 lime, halved
- 1 Tbsp. chopped cilantro



Preparation:

In a medium fry pan, heat 1 Tbsp. of the olive oil over medium heat. Add the onion and a pinch of salt and cook, stirring frequently, until the onion is soft and translucent, about 5-7 minutes. Stir in the RightRice to coat the grains with the oil. Add the stock or the water, bring to a quick simmer, and immediately turn off the heat. Cover and allow to sit for 12 minutes.

While the rice sits, heat 2 tsp. of olive oil in a small saucepan. Add the mini peppers and another pinch of salt and cook for 2 minutes until the peppers are barely soft. Remove.

Using the same pan, gently warm the black beans over low heat with 1 Tbsp. of water. Keep warm until ready to serve.

After 12 minutes, fluff the rice with a fork. Squeeze the juice of $\frac{1}{2}$ of a lime over the rice, then stir in another tsp. of olive oil if desired.

Divide the rice evenly between four bowls. Place a generous spoonful of beans on top of each, then garnish with the mini peppers and cilantro. Serve with a lime wedge.

Carne Asada Burrito

Servings: 4 | Prep time: 15 mins | Cook time: 30 mins

Ingredients:

- 1 package Spanish RightRice
- 1 ½ cup beef bone broth
- 4 large tortillas

For the Carne Asada:

- ½ lb. flank steak cut into thin strips against the grain
- 2 Tbsp. orange Juice
- 1 tsp. cumin
- 1 tsp. chili powder
- 1 tsp. black pepper
- 1 tsp. garlic powder
- 1 tsp. salt
- ½ tsp. oregano
- 1 Tbsp. olive oil

For the Filling:

- ½ cup black beans
- ½ cup salsa
- ½ cup guacamole
- ½ cup sour cream
- 1 cup spinach
- Cilantro for garnish
- Hot sauce



Preparation:

Marinate the steak in orange juice, cumin, chili powder, black pepper, garlic powder, salt, and oregano for 10 minutes.

Prepare the RightRice according to the packaging directions replacing the liquid with bone broth. In the meantime, cook the steak. In a large skillet fry the steak with the olive oil until nice and brown. About 5-7 minutes. Transfer to a cutting board and cut into small cubes.

Lay out the tortillas and evenly distribute the rice, steak, beans, salsa, guacamole, sour cream, spinach and garnish with cilantro and hot sauce.

Wrap up the burrito by folding in the sides and then roll up the bottom into a tight roll.





NOTHING
ARTIFICIAL

10g

COMPLETE
PROTEIN*

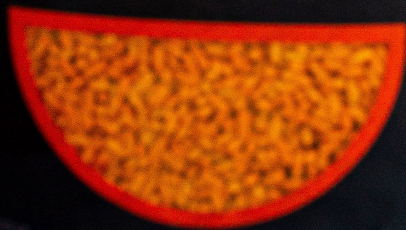
5g

FIBER*

RightRice®

MADE FROM VEGETABLES

spanish



NET WT. 1.5 LBS (680g)
SUGGESTED RETAIL PRICE \$14.99

100% VEGAN
NO MSG, NO SALT, NO PRESERVATIVES



Breakfast Egg Bites

Servings: 12 Regular Size Muffins

Prep time: 10 mins | Cook time: 12 mins

Ingredients:

- 1 package Spanish RightRice
- ½ lb. breakfast sausage links, cooked and chopped into small cubes
- 2 cups fresh spinach cooked, drained and chopped
- 12 cherry tomatoes, quartered
- 1 Tbsp. chives
- 6 large eggs
- 1 tsp. salt
- 1 tsp. black pepper

These protein-packed egg bites are a great way to make mornings a little easier since you can prep ahead of time. The Spanish RightRice adds great flavor, making this even simpler to prep. Customize to your liking: add cheese, swap bacon for the sausage, or omit altogether for a vegetarian option.

Preparation:

Preheat oven to 350°F.

Prepare Spanish RightRice according to package directions.

Spray a 12 cup muffin pan with oil and then layer the sausage and vegetables equally in each cup. Then, add about 1 Tbsp. of RightRice to each muffin cup.

Crack all the eggs in a large bowl and whisk until frothy. Add the chives, salt, and pepper. Whisk again to mix well. Equally divide the egg and chive mixture among the muffin cups, pouring carefully so as not to overfill. Use a small fork to loosen up the filling to make sure the eggs get all the way to the bottom.

Bake in the oven for 12-15 minutes until the egg has cooked through. Let cool for 5 minutes and then remove all the breakfast bites to fully cool down on a wire rack. Serve warm or refrigerate and reheat in the microwave.

Note that you will have some rice left over after filling the cups. Save the extra rice to use as a base for a rice bowl or use in dinner later that night.

**The first veggie rice you'll
actually want seconds of.**



GLUTEN
FREE

10g

COMPLETE
PROTEIN*

5g

FIBER*

RightRice®

MADE FROM VEGETABLES

cilantro lime



A BLEND OF LENTILS,
CHICKPEAS, PEAS + RICE

*PER 50g SERVING
NET WT. 7 OZ (198 G)

**The perfect pairing of bright cilantro
balanced with fresh lime.**

Having fish tacos is always a treat and even more so when made from scratch at home. Use some sustainable fish like Barramundi and serve it with a fresh and tart apple slaw. It's like having a beach vacation meal at your dining table!



Fish Tacos

Servings: 4 | Prep time: 20 mins | Cook time: 12 mins

Ingredients:

- 1 package Cilantro Lime RightRice

For the Fish

- 12 oz. Barramundi or sea bass, cut into strips that are 2" long by 1" wide
- 1 tsp. salt
- 1 tsp. garlic powder
- 1 tsp. paprika
- ½ tsp. dried oregano
- ½ tsp. black pepper
- 2 Tbsp. olive oil

For the Apple Slaw

- ½ cup green apple diced into ¼" squares
- 1 small tomato seeded and diced into ¼" squares

- ¼ cup red onion diced into ¼" squares
- ¼ cup finely shredded purple cabbage
- 1 jalapeño diced into ¼" squares
- Juice of one lime
- 1 tsp. salt
- ½ tsp. black pepper

Accompaniments

- 8 tortilla wraps
- 1 cup fresh cilantro
- 2 limes, cut into wedges
- 1 cup sliced radishes
- Dressing of your choice (we used Thousand Island)



Preparation:

Preheat oven to 400°F.

Prepare the RightRice according to the package instructions. Mix all spices for the fish in a small bowl. Pat the fish dry with paper towels, drizzle with olive oil, and sprinkle the spice mixture onto both sides of the fish.

Line a baking tray with foil, lightly greased with oil. Place the fish on the lined baking tray and bake for 10 minutes.

While the fish is baking, mix the apple slaw ingredients in a bowl. Serve the fish, tortilla wraps, apple slaw, and accompaniments on a tray and have each person assemble their own fish tacos, customized to taste!





NO MSG
NO ARTIFICIALS

10g COMPLETE PROTEIN 5g FIBER

RightRice

MADE FROM VEGETABLES

cilantro lime



FOR THE BEST TASTE
USE WITHIN 90 DAYS

Crispy Tofu Bowl

Servings: 4 | Prep time: 15 mins | Cook time: 30 mins

Ingredients:

- 1 package Cilantro Lime RightRice

Crispy Tofu

- 20 oz. (2 packs) of firm tofu cut into ½" cubes
- ¼ cup arrowroot flour
- 1 Tbsp. garlic powder
- 1 tsp. salt
- 1 tsp. black pepper

Sauce

- 1 Tbsp. fish sauce
- 1 Tbsp. diced lemongrass
- 1 Tbsp. diced garlic
- 1 Tbsp. date syrup (can sub maple syrup)

- 1 Tbsp. coconut aminos (sub soy sauce)
- Juice of one lime
- ¼ cup olive oil

Garnishes

- ½ cup shredded purple cabbage
- ½ cup sliced carrots
- ½ cup fresh mint
- ½ cup fresh cilantro
- Lime wedges
- 1 cucumber made into strips with a peeler

This meal packs a great flavor punch. Both with the Vietnamese inspired marinade and the fresh herbs accompanying the dish. Dare we say it's better and quicker than take-out?!

Preparation:

Preheat oven to 350°F.

Cook the RightRice according to the package instructions.

In a large bowl mix together the arrowroot flour, garlic powder salt and pepper. Add in the tofu cubes and mix well until all the cubes are covered in the flour mixture. Place on a lined baking tray and bake for 15 minutes and then flip over the cubes and bake for a further 15 minutes until crispy.

While the tofu is baking make the sauce by combining all the ingredients in a large bowl. Once the tofu is done baking toss all the cubes in the sauce.

To serve, divide the rice and tofu into 4 bowls. Garnish with the fresh basil, carrots, mint, cilantro, tomatoes and cucumber strips. Serve the lime wedges on the side.

Garlic Shrimp Skewers

Servings: 4 | Prep time: 15 mins | Cook time: 15 mins

Ingredients:

- 1 package Cilantro Lime RightRice
- 1 lb. peeled shrimp with tails on
- ¼ cup olive oil
- 4 cloves garlic, minced
- 1 Tbsp. salt
- 1 tsp. black pepper
- 1 tsp. chili powder
- 12-15 Skewers

Tomato Salad

- ½ lb. tomatoes, cubed
- 2 Tbsp. olive oil
- 1 Tbsp. fresh chopped cilantro
- Juice of one lime
- 1 tsp. salt
- 1 tsp. black pepper
- 1 tsp. garlic powder



Preparation:

Prepare the RightRice according to the package instructions.

While the rice is cooking, prepare the shrimp. In a large bowl, marinate the shrimp with the olive oil, garlic, salt, pepper and chili powder for about 5 minutes. Skewer 3 shrimps per skewer. Repeat until all shrimp are skewered.

Heat up a grill pan on high heat. Once the pan is hot enough, cook each skewer for 1 minute on each side until the shrimp is nice and pink and cooked through. Remember to flip the skewers!

To make the tomato salad, combine all the ingredients in a medium size bowl and mix well.

Divide the rice, shrimp skewers and tomato salad evenly between 4 plates. Serve with lime wedges.

“RightRice has completely replaced rice for us.” – VL



GLUTEN
FREE

10g COMPLETE
PROTEIN*

5g FIBER*

RightRice®

MADE FROM VEGETABLES

lemon pepper



A BLEND OF LENTILS,
CHICKPEAS, PEAS + RICE

*PER 50g SERVING
NET WT. 7 OZ (198 G)

**A balance of fresh lemon and
sharp pepper.**

Bacon & Egg Rice Bowl

Servings: 4 | Prep time: 15 mins | Cook time: 20 mins

This super satisfying breakfast can be prepped the night before so all you have to do is heat it up when you wake up. Feel free to leave out the bacon and just have it with a super jammy egg.

Ingredients:

- 1 package Lemon Pepper RightRice
- 2 ½ cups chicken bone broth
- 8 strips of bacon
- 4 eggs
- 4 tomatoes, cut in half
- 2 Tbsp. chopped chives
- 1 Tbsp. olive oil
- Salt and pepper for seasoning





Preparation:

Prepare the RightRice according to the packaging directions, using bone broth as the liquid. As it sits for 12 minutes, prepare the bacon and eggs. Once cooked, fluff with a fork. With the heat off add in the extra bone broth ¼ cup at a time until the rice is soupy, but still quite thick.

Preheat oven to 350°F. Cover a baking sheet with foil and place the 8 strips of bacon on top. Bake for 12 minutes until crispy. Transfer to a plate with paper towels.

In a small fry pan cook the tomatoes face down in the olive oil for about 1 minute on medium to high heat.

Boil water in a saucepan and add in the eggs. Cook for 6 minutes and then transfer to a bowl filled with ice and water. Once cool peel the eggs.

Divide the rice mixture into 4 bowls and top with the bacon and eggs. Season the eggs with salt and pepper. Garnish with the chopped chives.

Mediterranean Salad with Crispy Garbanzo Beans and Tzatziki

Servings: 4 | Prep time: 10 mins | Cook time: 20 mins

Adding fried chickpeas to this Mediterranean-inspired salad creates a perfect lunch that's ready in minutes.

Ingredients:

- 1 package Lemon Pepper RightRice
- 1 ⅓ cup vegetable or chicken stock
- ¼ cup chopped mint, plus leaves for garnish
- 2 Tbsp. chopped dill, plus sprigs for garnish
- 2 Tbsp. olive oil
- 1 15 oz. can chickpeas, drained and rinsed, and dried with a paper towel
- Kosher salt
- 1 tsp. smoked paprika, optional
- 2 small Persian cucumbers, sliced
- ½ red onion, thinly sliced
- ½ cup sliced cherry tomatoes
- ½ cup store-bought tzatziki
- ½ cup crumbled feta



Preparation:

Prepare the RightRice according to the package instructions, using vegetable or chicken broth instead of water. As the rice cooks, drain, rinse, and dry the chickpeas. Once the rice is cooked, fluff with a fork and stir in the herbs.

In a large nonstick frying pan, warm the olive oil over medium-high heat. When the oil is hot, place the dried chickpeas in the pan, adding a pinch of salt. (If they have any moisture on them, they will splatter, so dry thoroughly.)

Stir the chickpeas to crisp on all sides. After 2 minutes, sprinkle the smoked paprika over the top, stir to coat, and then remove them from the pan and place on a paper-towel lined plate.

Divide the rice into 4 bowls. Top each with cucumber slices, red onion slices, and cherry tomatoes. Place a dollop of Tzatziki on each bowl, then sprinkle some feta on top.

Garnish with the herb sprigs and a drizzle of olive oil.

**"RightRice...Is Basically
the New Cauliflower Rice"**

Good
Housekeeping



GLUTEN
FREE

10g

COMPLETE
PROTEIN*

5g

FIBER*

RightRice®

MADE FROM VEGETABLES

thai curry



A BLEND OF LENTILS,
CHICKPEAS, PEAS + RICE

*PER 50g SERVING
NET WT. 7 OZ (198 G)

Aromatic Thai flavors including chili peppers, garlic, and lemongrass.





Pineapple Fried RightRice

Servings: 4 | Prep time: 15 mins | Cook time: 10 mins

Ingredients:

- 1 package Thai Curry RightRice
- 1 ½ cup vegetable stock
- 1 10 oz. pack of firm tofu cut into 1 cm cubes
- ¼ Tbsp. olive oil
- 1 large shallot finely diced
- 2 cloves garlic finely diced
- 1" ginger finely grated
- 1 red bell pepper cut into 1 cm cubes
- 1 large carrot cut into 1 cm cubes
- ½ cup frozen peas
- ½ cup diced fresh pineapple
- 1 Tbsp. fish sauce
- 2 Tbsp. green onion sliced
- 2 Tbsp. cilantro

Fried Rice is the perfect way to bring together ingredients you have on hand. Feel free to replace the vegetables with what you have available and to add in pork or chicken in addition to the tofu. It's a super quick midweek meal that refreshes leftovers in a flash.

Preparation:

Prepare the RightRice according to the packaging directions, using vegetable stock as the liquid. As it sits for 12 minutes, prepare the tofu. Once cooked, fluff with a fork and transfer to a large plate to cool.

Preheat oven to 350°F.

Dress the tofu with half of the olive oil and season with the salt and pepper. Place the tofu cubes on a baking tray. Make sure the tofu does not overlap. Bake for 15 minutes until crispy.

In a large wok or frying pan cook the shallots with the remaining olive oil for 4 minutes until it's fragrant and translucent. Add in the ginger and garlic and cook for 2 minutes. Add in the red peppers and carrots and cook for a further 5 minutes. Add in the tofu, peas, pineapple and stir for a minute to heat through. Turn off the heat and add in the rice and mix well. Season with the fish sauce.

Divide the rice between 4 bowls and garnish with the green onions and cilantro.

Coconut Prawns with Mint Rice Salad

Servings: 4 | Prep time: 10 mins | Cook time: 20 mins

Ingredients:

- Coconut prawns
- 1 package Thai Curry RightRice
- 1 ½ cup vegetable stock
- 1 lb. raw prawns
- 1 5oz can of full fat coconut milk
- 1" of ginger cut into strips
- 3 cloves of garlic crushed
- 1 tsp. salt
- 1 tsp. pepper

salad

- ¼ cup of mint
- ¼ cup of basil
- 2 Tbsp. sliced green onions

- 1 Tbsp. lemongrass chopped fine
- 2 cups of mixed greens

dressing

- ¼ cup rice vinegar
- ½ cup olive oil
- Juice and rind of 1 lime
- 2 tsp. fish sauce
- 1 Tbsp. date syrup (sub maple syrup)
- 1 tsp. grated ginger
- 1 tsp. finely chopped lemongrass





This super refreshing mint salad is filled with cooling herbs with a sweet yet sour dressing. Cut up a small Thai chili and add it to the salad for some zing. In place of prawns, salmon also works really well with the coconut sauce.

Preparation:

Prepare the RightRice according to the packaging directions, using vegetable stock as the liquid. As it sits for 12 minutes, prepare the coconut prawns. Once cooked, fluff with a fork and transfer to a large plate to cool.

In a large frying pan reduce the coconut milk with the ginger and garlic on medium-high heat. This will take about 15 minutes. Once the coconut milk has reduced to about $\frac{1}{4}$ cup add in the prawns and cook for 2 minutes on one side and flip and cook for another 2 minutes. Season with the salt and pepper.

Mix the salad greens and herbs with the cooled rice in a large bowl and top with the coconut prawns.

Place the dressing ingredients in a bowl and mix well and serve on the side.

Crispy Rice Lettuce Cups

Servings: 4 | Prep time: 15 mins | Cook time: 20 mins

Ingredients:

- 1 package Thai Curry
RightRice
- 1 ⅓ cup vegetable stock
- 1 lb. ground pork
- 2 Tbsp. olive oil (divided)
- ¼ cup shredded coconut
- 2 Tbsp. Thai green chili
paste

For the Garnish:

- ¼ cup crushed roasted
cashew
- 1 cup mint leaves
- 1 cup cilantro leaves
- Limes wedges

For the Dressing:

- ¼ cup rice vinegar
- ½ cup olive oil
- Juice and rind of 1 lime
- 2 Tbsp. fish sauce
- 1 Tbsp. date syrup
(sub maple syrup)
- 1 tsp. grated ginger
- 1 tsp. finely chopped
lemongrass

This is our version of Nam Khao, a super flavorful salad from Laos. Made with crispy rice and mixed with ground pork and lots of fresh herbs. It's sweet and sour and fresh and crispy. We recommend cooking the Thai Curry RightRice the day before and keeping it in the refrigerator overnight to dry it out.

Preparation:

Prepare the RightRice according to the packaging directions, using vegetable stock as the liquid. Once cooked, fluff with a fork and transfer to a large plate to cool. Once at room temperature transfer to a container and leave in the refrigerator overnight to cool and harden.

The next day cook the pork. In a large skillet brown the pork in 1 Tbsp. of oil. Cook for 5-7 minutes until brown and crispy. Add in the coconut and mix well. Add in the curry paste and cook for a further 2 minutes to release the flavors. Transfer to a bowl.

In the same skillet cook the cooled rice with the remaining oil. Cook on high to medium heat and don't worry, we want the rice to stick to the bottom. This gets it crispy. While it's cooking, scrape the rice that is stuck on the bottom of the pan. Continue cooking for 8 minutes or so until most of the rice is crispy. Transfer to a bowl.

Make the dressing by putting all the ingredients in a bowl and stir well. Transfer to a small bowl.

In a large platter arrange the lettuce and garnishes along with the bowls of rice, pork and dressing. Have your guests make their own lettuce cups.





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RightRice®

Rice. Made right-er.