

Black Rice and Edamame Bean Side Dish

by Miraval Spa

Ingredients

3½ cups water
¼ tsp kosher salt
2 cups black rice
1 cup fresh or thawed frozen edamame beans
1/2 cup cold-pressed extra-virgin olive oil
1 cup thinly sliced shiitake mushrooms
Pinch of freshly ground black pepper
½ cup roughly chopped fresh cilantro
¼ cup tamari (Gluten-free soy sauce)
2 Tbsp mirin (rice wine vinegar)
1 Tbsp honey
1½ tsp sesame oil



Directions:

1. Place the water and salt in a large pot and bring to a boil. Add the rice, cover and cook until the liquid is absorbed and the rice is just tender but still al dente, 20 minutes. Drain well in a fine mesh strainer and rinse under cold running water until the water runs clear and the rice is cooled, 1 to 2 minutes. Drain well again.
2. Bring a small pot of lightly salted water to a boil. Add the beans and lightly blanch, 1 minute. Drain the beans well, reserving 2 tbsp. of the cooking water and rinse the beans under cold running water. Drain the beans well, transfer to a large bowl and set aside.
3. Heat a medium skillet over medium-high heat. Add the oil, mushrooms and pepper; stir well to combine and cook for 30 seconds. Add the reserved cooking water and cook until the mushrooms start to wilt but retain their shape, 1 to 2 minutes. Place the mushrooms in the bowl with the beans and add the drained rice, green onions, cilantro.
4. To make the dressing, whisk together the tamari, mirin, honey and sesame oil in a small bowl.
5. Add the dressing to the rice mixture, and stir well to combine. Serve immediately.