

EASY RAINBOW RICE BOWL



This colorful Rainbow Rice Bowl is the perfect summer dish. It's super easy, fresh, and quick to prepare – exactly what I love eating on warm days.

The best part? You can easily prepare this bowl ahead of time, making it perfect for taking with you or enjoying as a quick and easy lunch without spending lots of time in the kitchen. The rice doesn't have to be served warm either, it tastes just as good cold, especially on hot summer days.

I like to combine it with crunchy vegetables, sweet mango, fresh lemon,

soy sauce, sprouts, and roasted peanuts, you really don't need much more. At the same time, the recipe is super flexible, so you can easily switch up the ingredients and add whatever you have on hand or simply feel like eating.

Definitely give it a try and make your own colorful rice bowl!



RECIPE FOR THE COLORFUL VEGAN RICE BOWL (2 PORTIONS)

- 2 cups rice
 - 1.5 medium courgettes
 - 1/2 red pepper
 - 1/2 yellow pepper
 - 1 large carrot
 - 1 mango
 - 1 lemon
 - 3 tbsp soy sauce
 - 1 tbsp sprouts
 - 1 handful peanuts
 - Salt, olive oil
1. Slice the zucchini. Cut the peppers and carrot into bite-sized pieces. Peel and dice the mango.
 2. Heat a little olive oil in a large pan. Sauté the zucchini over medium-high heat until lightly browned but still slightly crisp. Season with a little salt and set aside.
 3. Divide the rice between two bowls and arrange the vegetables, mango and sprouts on top.
 4. Drizzle with soy sauce, sprinkle with peanuts and finish with a squeeze of fresh lemon juice.

Extracted from: [EASY RAINBOW RICE BOWL: FRESH, COLORFUL & HEALTHY — MAGDA MAG DAS](#)