



**Rainbow Rice Bowls**  
 Creamy Thai “Peanut” sauce (dairy free, nut free)  
 over rice topped with rainbow color of veggies  
 Instructor Terra: Tuesday 4-6 Class #7



SKILLS LEARNED

Knife skills (red bell pepper, yellow bell pepper, cucumber, basil, purple cabbage, ginger)  
 Measuring skills (sunflower butter, tamari, olive oil, vinegar, honey, salt)  
 Juicing (lemon)  
 Blending (sauce)  
 Steaming (rice)

EQUIPMENT

*Thai Sauce*  
 Cutting mat  
 Knife  
 Measuring cups  
 Measuring spoons  
 Juicer  
 Grating glove  
 Blender\*  
 Rubber spatula  
 Stove  
 Sauce pan  
 Whisk  
 Small pitcher (sauce)\*

*Rainbow Veggies*  
 Cutting mat  
 Knife  
 Peeler  
 Grater  
 9 bowls for veggies\*

*Rice*  
 Rice cooker\*  
 Rice paddle\*  
 Rice serving bowl

\*Instructor provided equipment

INGREDIENTS

*Thai Sauce*  
 ½ cup sunflower seed butter  
 2 Tbsp apple cider vinegar  
 4 Tbsp olive oil  
 4 Tbsp lemon juice  
 2 Tbsp tamari  
 1 Tbsp honey  
 4 Cloves garlic  
 4 Tbsp ginger | *grated*  
 ½ tsp salt  
 ½ tsp red pepper flakes  
 ½ cup coconut milk  
 Water to thin

*Rainbow Veggies*  
 1 red bell pepper | *sliced*  
 3 carrots | *peeled, grated*  
 1 yellow bell pepper | *sliced*  
 1 cucumber | *chopped*  
 2 cups bean sprouts  
 1 bunch cilantro  
 1 cup basil | *chopped*  
 1 cup micro greens  
 1 cup purple cabbage | *sliced*  
  
 1 cup sunflower seeds

*Rice*  
 2 cups chicken broth  
 2 cups rice

## INSTRUCTIONS

### *Thai Sauce*

1. Add ingredients to blender
2. Blend until smooth, add water 1 Tbsp at a time until desired consistency
3. Add to saucepan and heat slowly on low heat
4. Pour into pitcher and place on table

### *Rainbow Veggies*

1. Prepare vegetables
2. Place into individual small serving bowls
3. Place sunflower seed into bowl
4. Set all bowls on table in rainbow (ROY G BIV) layout

### *Rice*

1. Pour broth & rice into rice cooker, secure lid, turn on "rice"
2. Once beeps, open lid and allow steam to escape for a few minutes
3. Place rice into serving bowl and place on table

### *Creating Rainbow Rice Bowls*

1. Place 1 scoop of rice in bowl
2. Top with ½ creamy Thai sauce
3. Create your rainbow by placing small amounts of each colored veggie on top
4. Sprinkle with sunflower seeds