

MedWatch **RECIPES**

T O D A Y

Homestyle Bento Box

Serves 2

by Sous Chef Mikey Cisneros

Community Regional Medical Center

Ingredients:

- 1 cup cooked jasmine rice
- 4 oz. coconut shrimp
- 1 oz. pickled ginger
- 2 oz. miso dressing
- 1 teaspoon miso paste
- 1 teaspoon sesame seeds
- 2 teaspoons soy sauce
- 4 tablespoons mayonnaise
- 2 oz. baby greens
- 1 teaspoon thin-cut green onions
- 2 large cucumbers
- ½ teaspoon salt
- ½ cup rice vinegar
- 2 tablespoons soy sauce
- 2 teaspoons sesame oil
- 2 tablespoons sugar
- ½ teaspoon white and black sesame mix

Directions:

1. Cut cucumbers into 1/16-inch slices. In a large bowl, toss cucumbers with salt and let sit for 15 minutes. Drain cucumbers in a colander and gently squeeze off excess water.
2. In a separate bowl, mix rice vinegar, soy sauce, sesame oil, sugar and white and black sesame seeds. Toss over cucumbers.
3. For the dressing, toast sesame seeds on a small sheet pan in a 350F degree oven for 5 minutes. Let cool then grind in a coffee grinder for 5-10 seconds. Mix in a small bowl with soy sauce, miso paste and mayo. Add water for desired thickness.
4. For shrimp, simply follow the manufacturer's cooking directions.
5. To assemble the plate, add portion of rice in one corner, and add cucumber salad in the second corner. Add the crispy coconut shrimp in the third corner of the plate, arranged with the shrimp tails sticking up for presentation. Add your baby greens in the last corner of the plate.
6. Drizzle miso dressing over the entire dish and garnish with green onions and pickled ginger on the side of shrimp.