



## Hank's Pesto Rice Bowl

Submitted by: Hank's Austin, a Mission customer

### Ingredients:

#### Pesto

- 1 bunch parsley
- ½ pound basil
- 20 oz. baby spinach
- 12 cloves garlic, roasted or fresh
- 32 oz. extra virgin olive oil
- 40 oz. grated parmesan cheese
- Salt and pepper to taste

#### Lemon Vinaigrette

- 13 oz. fresh lemon juice
- 26 oz. canola oil
- ¾ cup brown sugar
- ½ cup Dijon mustard
- Salt and pepper to taste

#### Pesto Rice Bowl

- 2 cups brown rice
- 1 bunch Tuscan kale, julienned
- 1 cup feta cheese
- 2 avocados
- 1 lemon, cut into wedges
- 3 poached eggs (optional)

### Directions:

#### Pesto

1. Combine garlic, oil, pine nuts, parmesan in processor and blend. Once blended, add parsley, spinach, basil, salt, pepper and blend until all combined.

#### Lemon Vinaigrette

2. Combine all ingredients EXCEPT oil to processor and blend. Slowly add oil while blending to emulsify. Add salt and pepper to taste. If it is too thick, blend in a little water.

#### Pesto Rice Bowl

3. Cook rice and let cool slightly.
4. Add pesto to rice and mix well. Divide rice onto three plates.
5. In mixing bowl, massage kale with lemon vinaigrette. Place on top of rice.
6. Slice ½ avocado and place on top of rice.
7. Take 1/3 of cheese and spoon on top of rice.
8. Place lemon wedge on top of rice.
9. If desired, place poached egg on top of rice.



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