



GIRLFRIENDS GUIDE FOR MOMS

Beyond the Bowl

NOURISH BOWLS EDITION 1



Hi There, Girlfriends!

With the weather getting chillier and the insanity of the holidays looming over us all, who couldn't use a little love in the convenient-but-healthy eating department? Have we got some great ideas for you!

I'm sure you've heard by now about our amazing (and amazingly popular) Nourish Bowls – those vessels of yumminess that are warm and ready to eat in less than 4 minutes. We know they're great at the office, after a workout, or as a healthy dinner when your husband's traveling and you don't feel like eating your kids' chicken nuggets and carrot sticks. But have you thought about what lies BEYOND THE BOWL??

I'll explain. Not long after Nourish Bowls launched back in April, we started noticing around the office that our co-workers were preparing their bowls then adding things like nuts, rotisserie chicken, or even spooning the contents onto a tortilla to create a wrap. That got us thinking: how can we use Nourish Bowls to make our family meals easier, or our breakfast burrito that much tastier?

Voila! Girlfriends Guide – Beyond the Bowl is all about Nourish Bowl hacks. Use them to rev up your grilled skirt steak, as a tasty filling for egg white omelet, or as a base for some quick seared scallops. Kitchen-to-table in 15 minutes or less? Yes, please!

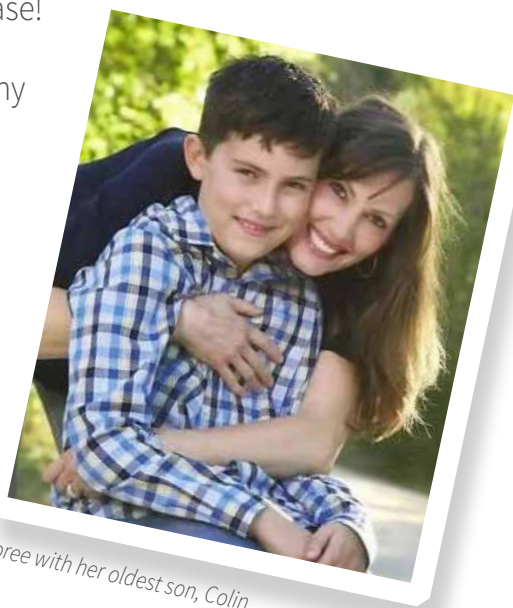
If you have any delicious Nourish Bowl hacks, don't be shy about it – let us know! We'd love to hear from you.

Enjoy!

Loree



www.nourishbowls.com
[#nourish2flourish](https://twitter.com/nourish2flourish)



Loree with her oldest son, Colin



Monterey Risotto with Pan-Seared Scallops

Ingredients

- 1 8.75 oz Monterey Risotto Nourish Bowl™
- 6 Dry sea scallops
- Salt and ground black pepper
- 1 tbsp. Unsalted butter
- 1 tbsp. Olive oil

Directions

Prepare Monterey Risotto Nourish Bowl according to package directions. Leave covered until ready to serve.

While the Nourish Bowl is cooking, rinse scallops with cold water and pat dry with paper towel, dry thoroughly. Season both sides of each scallop with salt and pepper.

Add the butter and oil to a 12-inch sauté pan on high heat. Once the fat begins to smoke, gently add the scallops, making sure they are not touching each other. Sear the scallops for 1 1/2 minutes on each side. The scallops should have a golden crust on each side while still being translucent in the center.

Stir the contents of the cooked Nourish Bowl together and divide them evenly onto 2 dinner plates. Add 3 scallops on top and serve immediately.

Serves 2



Combine



Cover & Heat



Mix & Nourish





Southwest Chipotle with Poached Egg and Avocado

INGREDIENTS

- 2 Large eggs
- 1 tsp. Kosher salt
- 2 tsp. White vinegar
- 2 Flour tortillas, warmed
- ½ Avocado, sliced
- 1 10.5-oz Southwest Chipotle Nourish Bowl™

DIRECTIONS

Add enough water to come within 1 inch from the top of a narrow, deep 2-quart sauce pan. Add the salt and vinegar and bring to a simmer over medium heat. Meanwhile, crack each egg into its own custard cup or small ramekin. Use the handle of a spatula or spoon to quickly stir the water in one direction until it's all smoothly spinning around.

Carefully drop the egg into the center of the whirlpool. The swirling water will help prevent the white from "feathering," or spreading out in the pan. Drop the other egg in.

Turn off the heat, cover the pan and set your timer for 5 minutes.

While the eggs are poaching, cook the Nourish Bowl according to package directions. Place warmed tortillas on 2 dinner plates, and spoon the Southwest Chipotle on top.

When the eggs are done, remove them from the pan with a slotted spoon and place them on top of the Southwest Chipotle. Garnish with sliced avocado and serve immediately.

Serves 2





Sesame Sriracha Grilled Prawns

INGREDIENTS

- ½ lb Medium raw prawns, peeled and de-veined with the tails left on
- 2 Garlic cloves, minced
- 1 tsp. Olive oil
- Salt and ground black pepper, to taste
- 1 12-oz. Sesame Sriracha Nourish Bowl™
- 1 Lime, cut into wedges

DIRECTIONS

In a mixing bowl, toss the prawns with the garlic and olive oil. Season well with salt and pepper.

Heat a grill pan on high, add the prawns and grill for approximately 3 minutes per side, or until they are pink all the way through.

While the prawns are grilling, prepare the Sesame Sriracha Nourish Bowl according to the package instructions. Divide the contents into two shallow bowls, top with the grilled prawns, and serve with lime wedges on the side.

Serves 2



Combine



Cover & Heat



Mix & Nourish

CAREFUL
WILL BE HOT



Monterey Risotto with Grilled Skirt Steak & Sautéed Mushrooms

INGREDIENTS

- 1 lb Skirt steak
- Salt and ground black pepper to taste
- 2 tbsp. Unsalted butter
- 1 pint Sliced brown mushrooms
- 2 Garlic cloves, minced
- 1 8.75 oz Monterey Risotto Nourish Bowl™

DIRECTIONS

Pat steaks dry and sprinkle both sides with salt and pepper, pressing to help adhere. Grill steaks on an outdoor grill over high heat (covered only if using a gas grill), 3-4 minutes per side for medium-rare. Transfer steaks to a cutting board and let stand, loosely covered with foil, 5 minutes. Thinly slice steaks diagonally.

While the steaks are grilling, prepare the mushrooms. In a medium sauté pan, melt the butter over medium-high heat. Once the foam has subsided,

add the mushrooms and sauté for 4-5 minutes, until they release their liquid and begin to caramelize around the edges. Season with salt and pepper and add minced garlic. Cook, stirring, for 1 minute more. Remove from heat.

Meanwhile, prepare the Monterey Risotto according to package instructions.

To serve, divide the contents of the Nourish Bowl evenly onto 2 dinner plates. Add the sliced skirt steak and sautéed mushrooms. Serve immediately with extra Parmesan cheese, if desired.

Serves 2





Southwest Chipotle Egg White Omelet

INGREDIENTS

- 1 10.5-oz. Southwest Chipotle Nourish Bowl™
- 6 Egg whites
- 1 tbsp. Water
- Salt and freshly ground black pepper to taste
- Cooking spray



DIRECTIONS

Prepare the Southwest Chipotle Nourish Bowl according to package instructions. Set aside while the eggs are cooking.

In a medium bowl, whisk the egg whites, water, salt and pepper until frothy. Lightly coat a medium nonstick skillet or omelet pan with cooking spray and heat the skillet over medium-high heat. Add half of the egg whites, swirling to evenly cover the bottom of the pan. Cook until set, about 1 1/2 to 2 minutes. Using a rubber scraper lift the eggs up and let the runny uncooked egg flow underneath.

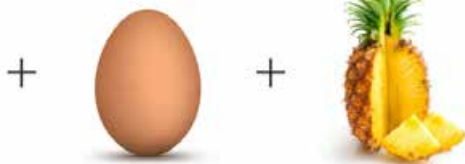
Spoon half of the Nourish Bowl contents onto half of the omelet, fold over, and slide onto a serving plate. Repeat with remaining egg whites and Nourish Bowl.

Serves 2



CAREFUL
Will Be Hot

HOW DO YOU NOURISH?



=
PINEAPPLE SRIRACHA
BREAKFAST BOWLS



=
GRILLED PORK PECAN BRUSSELS



=
PANCETTA SHRIMP
BUTTERNUT RISOTTO BOWLS



=
CRUNCHY ASIAN TOFU
SRIRACHA BOWLS

We want to hear about your **Nourish Bowl** hacks! Get social with us on: #nourish2flourish

