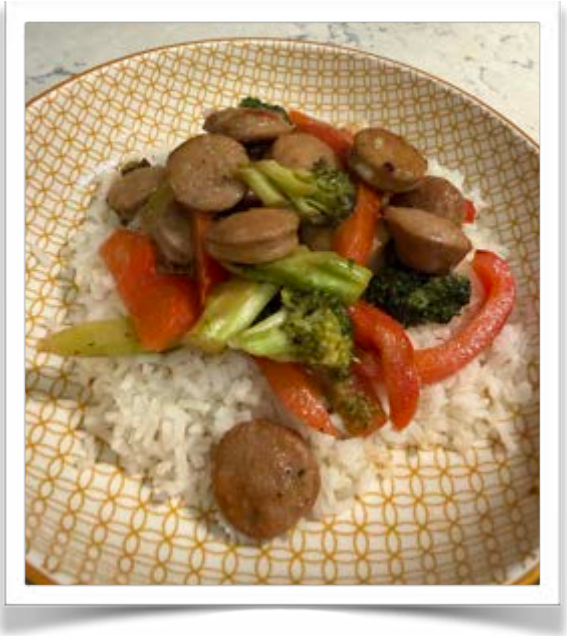
HOT HONEY DIJON BRATWURST RICE BOWL

Prep time: 5 mins | Cook time: 15 mins | Serves 4

A little sweet. A little heat. A whole lot of flavour! Dinner is ready in under 30 mins.



INGREDIENTS:

- 4 **Unger Meats PARMESAN GARLIC Bratwurst**
- Extra virgin olive oil
- 1 T minced Garlic
- 1 Red Bell Pepper, sliced
- 2 cups Brocoli Florets, chopped
- 2 T Hot Honey
- 2 T Dijon Mustard
- 1 T Apple Cider Vinegar
- 3 cups cooked Rice

INSTRUCTIONS:

1. Heat olive oil in large skillet over medium heat. Add the garlic and cook until fragrant.
2. Add the peppers and broccoli until tender-crisp.
3. Add the sliced Bratwurst and cook until lightly browned (remember, the bratwurst are already fully cooked so it does not take long).
4. Whisk together the honey, dijon mustard and apple cider vinegar and pour over the veggies and bratwurst. Stir to combine and allow to simmer for about 5 mins.
5. Serve over warm rice. Enjoy!

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