



Whole Grain Shrimp Fried Rice

with Edamame & Toasted Nori



30min



2 Servings

A variety of fresh vegetables, tender shrimp, and succulent scrambled eggs proves that fried rice doesn't have to taste simple. Brown rice is the nutty, healthy base for this colorful dish that's tossed with bell peppers, scallions, edamame, and umami-rich nori (seaweed). Flavorful teriyaki sauce imparts sweet and salty notes to this hearty meal that will dissuade you from ever ordering take-out again!

What we send

- 5 oz quick-cooking brown rice
- 1 bell pepper
- 2 scallions
- garlic
- 1 pkt nori sheets
- 2 oz teriyaki sauce ^{2,3}
- 10 oz pkg shrimp ⁴
- 2½ oz edamame ²
- ¼ oz gochugaru flakes

What you need

- kosher salt & ground pepper
- 2 large eggs ¹
- apple cider vinegar (or white wine vinegar)
- neutral oil

Tools

- medium saucepan
- large nonstick skillet

Cooking tip

Prep ahead: cook the rice in step 1 ahead of time and refrigerate. Day-old rice is perfect for fried rice as it can soak up more flavors while also getting crispy!

Allergens

Egg (1), Soy (2), Wheat (3), Shellfish (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 680kcal, Fat 26g, Carbs 69g, Protein 43g



1. Boil rice

Fill a medium saucepan with **salted water**; bring to a boil over high heat. Add **rice** and cook (like pasta!), stirring occasionally, until tender but still al dente, 10-12 minutes. Drain in a fine-mesh sieve, rinse under cold water, and drain well again. Spread out on a paper towel-lined plate to dry until step 5.

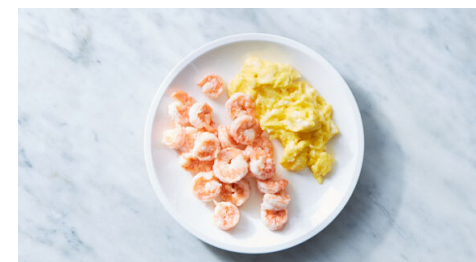


2. Prep ingredients

Halve **pepper**, discard stem and seeds, then thinly slice into ¼-inch slices. Thinly slice **scallions**, keeping dark greens separate. Finely chop **1 teaspoon garlic**. Thinly slice **nori**.

Beat **2 large eggs** in a small bowl.

In a 2nd small bowl, whisk to combine **teriyaki sauce** and **1 tablespoon each of water and vinegar**; set aside for step 5.



3. Cook eggs & shrimp

Heat **2 teaspoons oil** in a large nonstick skillet over medium-high. Add **eggs**; scramble until soft curds form, about 1 minute. Transfer to a plate and break into large pieces. Wipe out skillet.

Add **shrimp** and a **drizzle of oil** to same skillet; cook over high heat, stirring, until firm and just cooked through, 2-3 minutes. Transfer to plate with eggs.



4. Start fried rice

Heat **1 tablespoon oil** in same skillet over high. Add **peppers** and a **pinch of salt**. Cook, stirring frequently, until browned in spots and crisp-tender, 4-6 minutes. Add **chopped garlic** and **scallion whites and light greens**, stirring to combine, until fragrant, 1 minute.



5. Finish fried rice

To same skillet, add **rice, edamame**, and **2 teaspoons oil**, stirring to combine. Cook, pressing down to crisp rice and tossing occasionally, until warmed through, 4-5 minutes. Add **eggs, teriyaki mixture**, and **¾ of the nori strips**; stir to combine. Season to taste with **salt and pepper**.



6. Serve

Serve **shrimp fried rice** top with **gochugaru flakes**, as desired. Sprinkle **scallion dark greens** and **remaining nori strips** over top. Enjoy!