

DINNERLY



Protein-Packed Veggie Fried Rice

Developed by Our Registered Dietitian



30-40min



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying and super nourishing. Amping up the veg and upgrading to a whole grain makes this a big step up from your typical take-out. Brown rice's two outer layers, the bran and germ, contain most of its nutrition that you can't get in white rice. Plus, edamame and scrambled eggs pack in the protein that'll leave you feeling good. We've got you covered!

WHAT WE SEND

- ½ lb broccoli
- 1 bell pepper
- 1 oz scallions
- 1 oz fresh ginger
- 5 oz quick-cooking brown rice
- 2 oz teriyaki sauce ^{1,6}
- 5 oz edamame ⁶

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- apple cider vinegar (or vinegar of your choice)
- 2 large eggs ³
- neutral oil

TOOLS

- medium saucepan
- large nonstick skillet

ALLERGENS

Wheat (1), Egg (3), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 720kcal, Fat 35g, Carbs 75g, Protein 26g



1. Prep ingredients

Bring a medium saucepan with **salted water** to a boil over high heat.

Cut **broccoli** into 1-inch florets, if necessary. Halve **pepper**, discard stem and seeds, then cut into ½-inch slices. Trim ends from **scallions**, then thinly slice. Finely chop **1 teaspoon each of garlic and peeled ginger**.



2. Cook rice & prep sauce

Add **rice** to saucepan with boiling **salted water** and boil (like pasta!), stirring occasionally, until just tender, about 22 minutes. Drain in a fine-mesh sieve, rinse under cold water, and drain well again. Spread out rice on a paper towel-lined plate to dry and cool.

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



3. Scramble eggs

In a second small bowl, whisk **2 large eggs** and a **pinch of salt**.

Heat **2 teaspoons oil** in a large nonstick skillet over medium-high. Add eggs and scramble until soft curds form, about 1 minute. Return to bowl; wipe out skillet.



4. Stir-fry veggies

Heat **1 tablespoon oil** in same skillet over high. Add **broccoli, peppers, and a pinch of salt**, tossing to coat. Add **2 tablespoons water**; cover and cook until veggies are crisp-tender, 3–4 minutes.

Add **chopped garlic and ginger** and **all but 1 teaspoon of the scallions**, stirring to combine.



5. Finish & serve

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 and teriyaki mixture**; stir to combine. Season to taste with **salt and pepper**.

Serve **veggie fried rice** with **remaining scallions** sprinkled over top. Enjoy!



6. Amp up the veg!

Versatile fried rice is the perfect way to use up any extra veggies you have in your fridge. Just toss them in with the broccoli and peppers in step 4.