

# DINNERLY



## Loaded Veggie Teriyaki 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. So you've got those comfort food, take out cravings, but you also want to eat healthy and feel good after. Cook some rice, scramble some eggs, add teriyaki, and before you know it, you've got a plate full of the most delicious looking veggies. We've got you covered!

## WHAT WE SEND

- 1 carrot
- 4 oz broccoli
- 4 oz snap peas
- 3 oz scallions
- 1 oz fresh ginger
- 5 oz quick-cooking brown rice
- 1 pkt teriyaki sauce <sup>1,6</sup>

## WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- apple cider vinegar (or white wine vinegar)
- 2 large eggs <sup>3</sup>
- 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 600kcal, Fat 24g, Carbs 75g, Protein 19g



### 1. Prep ingredients

Fill a medium saucepan with **salted water**; bring to a boil over high heat.

Scrub **carrot**, then cut crosswise on an angle into ¼-inch pieces. Trim stem end from **broccoli**, then cut crown into 1-inch florets. Trim **snap peas**, then halve crosswise. 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**; 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.

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**.

Heat **2 teaspoons oil** in a large nonstick skillet over medium-high. Add eggs and scramble until soft curds form, about 1 minute. Transfer to a cutting board; once cool enough to handle, cut into large pieces. Wipe out skillet.



### 4. Stir-fry veggies

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

Increase heat to high, then add **snap peas, chopped garlic and ginger** and **all but 1 teaspoon of the scallions**, stirring to combine.



### 5. Finish & serve

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

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



### 6. Take it to the next level

Top off this dish with some toasted sesame seeds, Sriracha or chili oil, or even sliced kimchi!