



## Buddha's Delight with Plant Chicken

& Jasmine Rice



20-30min



2 Servings

For a quick and healthy vegetarian meal, cast your sight to Buddha's Delight. Fragrant jasmine rice is the base for a mix of fresh vegetables steamed with fresh garlic and ginger. A savory stir-fry sauce coats the veggies while the rice soaks up the rest. Sprinkle it all with toasted sesame seeds and let the aromas entice you. While we can't guarantee enlightenment, we can guarantee a happy belly.



## What we send

- 5 oz jasmine rice
- garlic
- 1 oz fresh ginger
- 4 oz mushrooms
- 1 carrot
- ½ lb broccoli
- 4 oz snap peas
- 3 oz stir-fry sauce <sup>1,6</sup>
- ¼ oz cornstarch
- ¼ oz pkt toasted sesame seeds <sup>11</sup>
- 8 oz pkg plant-based chicken <sup>6</sup>

## What you need

- neutral oil
- apple cider vinegar
- kosher salt & ground pepper

## Tools

- small saucepan
- microplane or grater
- medium nonstick skillet

## Allergens

Wheat (1), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 720kcal, Fat 19g, Carbs 102g, Protein 35g



### 1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**. Bring to a boil. Cover and cook over low until rice is tender and liquid is absorbed, about 17 minutes. Keep covered until ready to serve.



### 2. Prep veggies

Meanwhile, finely grate **1 teaspoon each of garlic and ginger**. Quarter **mushrooms**. Cut **carrots** on an angle into ¼-inch thick pieces. Cut **broccoli** florets, if necessary. Trim **snap peas**, if desired.



### 3. PLANT CHICKEN VARIATION

Heat **2 tablespoons oil** in medium nonstick skillet over medium-high. Add **plant-based chicken** in a single layer and cook, without stirring, until browned and crisp on the bottom, about 3 minutes. Flip and cook until browned, 1-2 minutes more. Add **veggies** and cook, stirring occasionally, until veggies begin to turn bright green, 2-3 minutes.



### 4. Make sauce

To skillet with **plant chicken and veggies**, add **grated ginger and garlic** and **¼ cup water** to skillet. Cover and reduce heat to medium; let veggies steam until crisp tender, 2-5 minutes more.

Meanwhile, in a small bowl, stir to combine **stir-fry sauce**, **cornstarch**, **¼ cup water**, and **¼ teaspoon vinegar**.



### 5. Finish veggies

Uncover **veggies** and increase heat to medium-high. Add **sauce** and cook, stirring, until veggies are nicely coated and sauce is thickened, 1-3 minutes. Season to taste with **salt** and **pepper**. Reduce heat to low to keep warm until the rice is ready.

If sauce is too thick, thin with **water**, 1 tablespoon at a time.



### 6. Finish & serve

Fluff **rice** with a fork and spoon onto plates; top with **plant chicken, veggies, and sauce**. Garnish with **sesame seeds**. Enjoy!