

DINNERLY



Crispy Daring Plant-Based Chicken Fried Rice

with Green Beans



20-30min



2 Servings

We like to give ourselves a pat on the back just for getting through another day. But we REALLY give ourselves kudos when we top it off with a dinner that makes us feel accomplished—like this quick vegetarian fried rice. Tossed in a savory sauce of ginger, garlic, and tamari, it's next level warm and fuzzies. We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- 8 oz pkg plant-based chicken ⁶
- ½ lb green beans
- 1 oz fresh ginger
- 2 oz tamari soy sauce ⁶
- ½ oz toasted sesame oil ¹¹

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- sugar
- apple cider vinegar (or white wine vinegar)
- 1 large egg ³
- neutral oil

TOOLS

- small pot
- fine-mesh sieve
- large nonstick skillet

ALLERGENS

Egg (3), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 690kcal, Fat 25g, Carbs 82g, Protein 37g



1. Cook rice

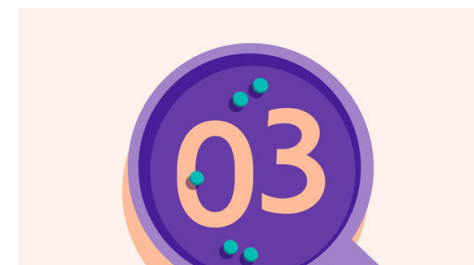
Bring a small pot of **salted water** to a boil over high. Add **rice** and boil (like pasta; see step 6), stirring occasionally, until just tender, about 12 minutes. Drain in a fine-mesh sieve, rinse with cold water, and drain well again. Spread out rice on a paper towel-lined plate or baking sheet to dry until step 5.



2. Prep ingredients

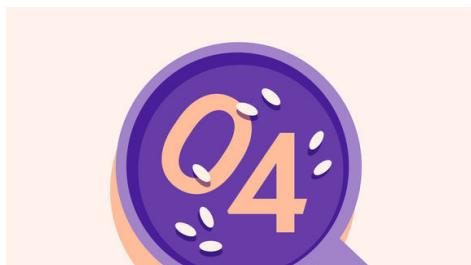
Break **plant-based chicken** into bite-size pieces; pat very dry. Trim stem ends from **green beans**, then cut into 1-inch pieces. Finely chop **1 teaspoon garlic**. Peel and finely chop **half of the ginger**.

In a small bowl, whisk to combine **tamari**, **chopped garlic and ginger**, **2 tablespoons water**, and **2 teaspoons each of sugar and vinegar**. Set aside until step 5.



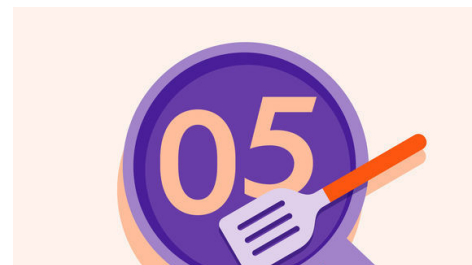
3. Scramble egg

In a small bowl, beat to combine **1 large egg** and **a pinch each of salt and pepper**. Heat **1 tablespoon natural oil** in a large nonstick skillet over medium-high until shimmering. Add egg and cook, stirring occasionally, until softly scrambled, about 1 minute. Transfer to a plate; break up into smaller pieces and set aside until step 5. Wipe out skillet.



4. PLANT CHICKEN VARIATION

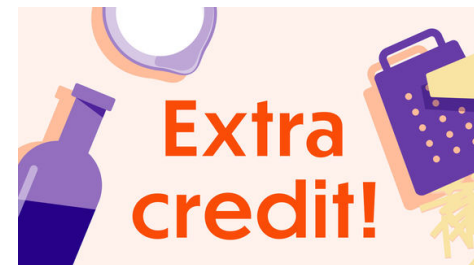
Heat **2 teaspoons sesame oil** and **1 tablespoon neutral oil** in same skillet over medium-high until shimmering. Add **plant-based chicken** and **a pinch of salt**; cook, stirring once or twice, until lightly browned, 5–6 minutes. Add **green beans**; cook, stirring, until crisp-tender, 3–4 minutes. Transfer to a plate.



5. Finish & serve

To same skillet over high, add **rice**, **1 tablespoon oil**, and **reserved sauce**; cook, tossing and pressing down occasionally to allow rice to crisp, about 4 minutes. Stir in **green beans, plant-based chicken, and eggs**; season to taste with **salt and pepper**.

Serve **plant-based chicken fried rice** drizzled with **remaining sesame oil**, if desired. Enjoy!



6. Cook rice like pasta!

This no-fuss method of boiling rice eliminates common issues with adding too much water (mushy rice), or too little water (crunchy rice). Fill a pot with an unmeasured amount of water, bring to a boil, add the rice, and cook until done (you can taste a few grains to test doneness). Then drain through a sieve, just like pasta!