



Plant-Based Chicken Fried Rice with Broccoli

Corn & Carrot-Ginger Dressing



20-30min



2 Servings

Fried rice is a delicious way to fill your plate with veggies! For this version, we stir-fry plant-based chicken, crisp broccoli, snap peas, and corn with sticky sushi rice and savory tamari. And, you know that super flavorful, carrot-ginger house dressing you love so much at your local sushi joint? We made our own version and now we're passing the recipe over to you to drape over the rice just before serving.

What we send

- 5 oz sushi rice
- ½ lb broccoli
- garlic
- 4 oz snap peas
- 1 carrot
- 1 oz fresh ginger
- 2 (1 oz) rice vinegar
- 2 (½ oz) tamari soy sauce ⁶
- 2 (1 oz) salted cashews ¹⁵
- 5 oz corn
- 8 oz pkg plant-based chicken ⁶

What you need

- kosher salt & ground pepper
- neutral oil
- sugar

Tools

- small saucepan
- microplane or box grater
- large nonstick skillet

Allergens

Soy (6), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 930kcal, Fat 37g, Carbs 119g, Protein 40g



1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**. Bring to a boil, then cover and cook over low until rice is tender and liquid is absorbed, about 17 minutes. Spread rice out on a plate to cool until step 6.



2. Prep ingredients

While **rice** cooks, trim ends from **broccoli** and cut into ½-inch pieces. Finely grate **2 teaspoons garlic**. Trim stem ends from **snap peas**, then cut crosswise on an angle into ½-inch pieces.



3. Make dressing

Scrub and finely grate **2 tablespoons carrot** on a microplane or small holes of a box grater. Finely grate **ginger**. In a medium bowl, whisk **2 tablespoons rice vinegar**, **1 tablespoon tamari**, **1½ tablespoons oil**, and **1½ teaspoons sugar**. Stir in carrots and **half of the ginger** until combined. Season to taste with **salt** and **pepper**. Set aside until ready to serve.



4. Toast cashews

Heat **½ tablespoon oil** in a large nonstick skillet over medium-high. Add **cashews** and cook, stirring frequently, until toasted, 1-2 minutes. Using a slotted spoon, transfer cashews to a paper towel-lined plate and season with **salt**. Let cashews cool slightly, then coarsely chop.



5. Cook vegetables

Heat **½ tablespoon oil** in same skillet over medium-high. Add **plant-based chicken**, **broccoli** and **a pinch of salt**, tossing to coat. Add **2 tablespoon water**, cover, and cook until broccoli is crisp-tender, about 2 minutes. Increase heat to high, then add **all of the corn**, **snap peas**, **grated garlic**, and **remaining ginger**, stirring to combine.



6. Finish & serve

Add **cooked rice** and **2 teaspoons oil** to skillet, stirring to combine. Cook, pressing down to allow rice to crisp, tossing occasionally and repeating, until rice is warmed through, 4-5 minutes. Add **remaining tamari** to skillet and stir to combine. Season to taste with **salt** and **pepper**. Serve **fried rice** topped with **carrot-ginger dressing** and **cashews**. Enjoy!