



Buddha's Delight

with 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 piece fresh ginger
- 4 oz mushrooms
- 1 small bag carrots
- ½ lb broccoli
- 4 oz snap peas
- 3 oz stir-fry sauce ^{1,3}
- ¼ oz cornstarch
- ¼ oz pkt toasted sesame seeds ²

What you need

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

Tools

- small saucepan
- microplane or grater
- medium nonstick skillet

Allergens

Wheat (1), Sesame (2), Soy (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 570kcal, Fat 16g, Carbs 94g, Protein 13g



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.



4. Make sauce

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



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.



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.



3. Cook veggies

Heat **2 tablespoons oil** in medium nonstick skillet over medium-high. Add **veggies** and cook, stirring occasionally, until veggies begin to turn bright green, 2–3 minutes.

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.



6. Finish & serve

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