

DINNERLY



Low-Carb Chicken Cauliflower Fried "Rice"

with Cilantro & Snow Peas



20-30min



2 Servings

When is fried rice not fried rice? When you replace regular rice with little bits of cauliflower. It's a healthy, low-carb way to fool your tastebuds and nobody will be mad about it—we promise! Cilantro and ginger infuse the dish with flavor while lean chicken strips and fresh snow peas add great crunch. We've got you covered!

WHAT WE SEND

- 1 oz fresh ginger
- garlic
- 4 oz snow peas
- ¼ oz fresh cilantro
- ½ lb pkg chicken breast strips
- 3 oz stir-fry sauce ^{1,6}
- 2½ oz edamame ⁶
- 12 oz cauliflower rice

WHAT YOU NEED

- apple cider vinegar
- sugar
- neutral oil
- kosher salt & ground pepper
- 2 large eggs ³

TOOLS

- 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 460kcal, Fat 29g, Carbs 34g, Protein 17g



1. Prep aromatics

Finely chop **2 teaspoons garlic**. Peel and finely chop **1 tablespoon ginger**.

Trim and discard ends from **snow peas**; cut in half crosswise. Pick **cilantro** leaves from stems, then finely chop stems, keeping them separate.

Pat **chicken** dry and season all over with **salt** and **pepper**.



2. CHICKEN VARIATION

In a small bowl, stir to combine **stir-fry sauce**, **2 tablespoons vinegar**, **1 tablespoon water**, and **2 teaspoons sugar** until sugar is dissolved; set aside until step 4.

Heat **2 teaspoons oil** in a large nonstick skillet over medium-high. Add **chicken** in a single layer and cook until browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes more.



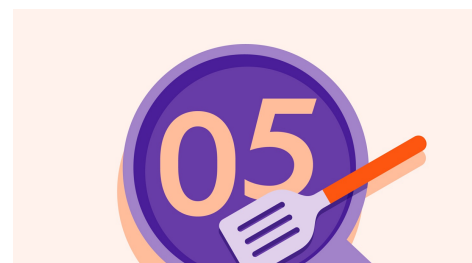
3. Stir-fry veggies

To skillet with chicken, add **chopped garlic and ginger**, **cilantro stems**, **snow peas**, and **edamame**; cook, stirring frequently, until snow peas are crisp-tender, about 2 minutes. Season to taste with **salt**; transfer to a bowl.



4. Cook cauliflower

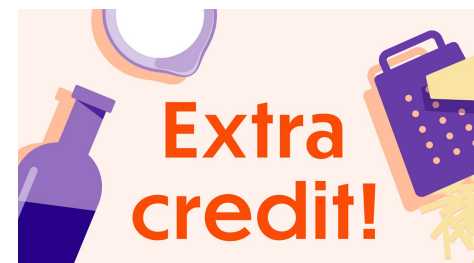
Heat **1½ tablespoons oil** in same skillet over high. Add **cauliflower rice** and cook, stirring, until crisp-tender, about 5 minutes. Add **sauce mixture** to skillet and cook, stirring, until liquid is evaporated, about 1 minute more. Remove from heat; stir in **chicken** and **veggies**. Transfer to plates and wipe out skillet.



5. Fry eggs & serve

Heat **1 tablespoon oil** in same skillet over high. Crack in **2 large eggs**; season with **salt** and **pepper**. Cook until edges are browned and crispy, and whites are just set, 1–2 minutes. Cover with a lid and cook, 1–2 minutes more (yolks should still be runny).

Serve **cauliflower fried "rice"** topped with **fried eggs** and **cilantro leaves**. Enjoy!



6. Spice it up

Add some heat with a drizzle of Sriracha!