

MARLEY SPOON



Quinoa "Fried Rice" with Roasted Mushrooms & Kale

 30-40min  2 Servings

Major flavor enhancers (tamari, sesame oil, fresh ginger, and garlic) add plenty of pizzazz to this healthier take on fried rice, which features nutty, protein-rich quinoa in place of white rice. Be sure to let the skillet get nice and hot before sautéing the quinoa, as those crispy bits truly make the dish.

What we send

- 3 oz white quinoa
- ¼ oz fresh basil
- 1 oz scallions
- ½ lb baby bella mushrooms
- 1 bunch curly kale
- 1 oz fresh ginger (use half)
- garlic (use 2 large cloves)
- ½ oz toasted sesame oil ²
- 2 (½ oz) tamari in fish-shaped pods ³
- 2 pkts Sriracha

What you need

- kosher salt & ground pepper
- neutral oil
- sugar
- egg ¹

Tools

- small saucepan
- rimmed baking sheet
- large nonstick skillet

Allergens

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

Nutrition per serving

Calories 770kcal, Fat 69g, Carbs 31g, Protein 17g



1. Cook quinoa & mushrooms

Preheat oven to 425°F with a rack in the upper third. In a small saucepan, combine **quinoa, a pinch of salt, and ¾ cup water**, and bring to a boil. Cover, reduce to low, and simmer until tender and water is absorbed, about 17 minutes. Spread on a plate to cool.



4. Make marinade

Peel and finely chop **half of the ginger** (save rest for own use). Peel and finely chop **2 large garlic cloves**. In a large bowl, combine **sesame oil, all of the tamari, ½ teaspoon chopped ginger, 1 Sriracha packet, 1 teaspoon sugar, and 1 tablespoon water**, whisking until sugar dissolves. Add **mushrooms and kale** to bowl, and toss to combine.



2. Prep mushrooms & kale

Pick **basil leaves** from stems; discard stems and chop half of the leaves. Trim **scallions**, then thinly slice. Cut **mushrooms** lengthwise into ¼-inch slices. Strip **kale leaves** from stems and coarsely chop leaves, discarding stems. In a large bowl, massage kale with **2 tablespoons each water and oil and a pinch of salt** until leaves wilt slightly.



5. Stir-fry ingredients

Heat **2 tablespoons neutral oil** in large nonstick skillet over medium-high. Add **garlic, half of the scallions, and remaining ginger**; cook until fragrant, 1-2 minutes. Add **quinoa, mushrooms, kale, and marinade**; cook until warm, 1-2 minutes. Stir in **chopped basil**. Transfer to plates, then wipe out skillet and return to stovetop.



3. Roast veggies

Place **mushrooms** on a rimmed baking sheet and toss with **3 tablespoons oil and a pinch each salt and pepper**. Roast, stirring once, until tender, about 10 minutes. Using spatula, move mushrooms to one half of the baking sheet. Add **kale** to the other half. Roast until kale is tender, stirring once, about 8 minutes.



6. Cook eggs & serve

Heat **2 tablespoons neutral oil** in skillet over medium-high. Add **2 large eggs**; cook until edges are set, 1-2 minutes. Carefully, spoon hot oil over eggs, until whites are set but yolks are still runny, 1-2 minutes. Place **eggs** on top of **quinoa**; cut eggs and toss with quinoa. Tear **remaining basil** leaves over top, and garnish with **remaining scallions and Sriracha**. Enjoy!