



Low-Cal Mushroom Fried Rice

with Chili-Garlic Vinaigrette



30-40min



2 Servings

Better than take-out, this veggie fried rice features some classic ingredients—ginger, scallions, lightly beaten egg—and some Marley Spoon favorites that take it over the top—Chinese broccoli, mushrooms, and a chili vinaigrette. Get the rice going first, so you can prep your veggies as it cooks, and the rice has time to cool before everything comes together in the skillet!

What we send

- 1 oz fresh ginger
- 5 oz jasmine rice
- ½ lb baby bella mushrooms
- ½ lb Chinese broccoli
- scallions
- 2 pkts chili garlic sauce ¹⁷
- 1 oz mirin
- ½ oz tamari soy sauce ⁶

What you need

- kosher salt & ground pepper
- neutral oil
- 1 large egg ³

Tools

- microplane or grater
- medium saucepan
- rimmed baking sheet
- large nonstick skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Egg (3), Soy (6), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 590kcal, Fat 28g, Carbs 73g, Proteins 15g



1. Cook rice

Peel **ginger**, then thinly slice half. Finely grate remaining half. In a medium saucepan, combine **rice, sliced ginger, ¼ teaspoon salt**, and **1½ cups water**; bring to a boil. Reduce heat to low, cover, and cook until rice is tender and water is absorbed, 17 minutes. Spread rice on a rimmed baking sheet to cool at room temperature.



4. Cook vegetables

In a large nonstick skillet, heat **1 tablespoon oil** over medium-high. Add **mushrooms** and **broccoli stems**. Cook, stirring, until broccoli is crisp-tender and mushrooms are browned, about 6 minutes. Add **1½ teaspoons tamari**, stirring to combine.



2. Prep ingredients

Meanwhile, trim stem ends from **mushrooms**, then thinly slice caps. Slice **Chinese broccoli stems** on an angle into ¼-inch thick pieces. Stack **Chinese broccoli leaves**, roll like a cigar, then slice crosswise into wide ribbons. Trim **scallions**, then thinly slice about ¼ cup.



5. Add rice

Add **broccoli leaves, half of the scallions**, and **remaining grated ginger**. Cook, stirring, until leaves are just wilted, about 2 minutes. Add **cooked rice, 1 tablespoon oil**, and **a pinch of salt**, stirring to combine. Cook, pressing down with a spoon to crisp rice, tossing occasionally and repeating, until rice is warm, about 3 minutes.



3. Make spicy vinaigrette

In a medium bowl, whisk to combine **all of the chili sauce, 2 teaspoons of the mirin**, and **½ teaspoon of the grated ginger**. Whisk in **1 tablespoon oil**. Season to taste with **salt** and **pepper**.



6. Finish & serve

In a small bowl, beat to combine **1 large egg** and **remaining tamari**. Make a well in the **rice**. Add **½ tablespoon oil** into the well, pour in **egg mixture**, and cook until egg is just set, about 30 seconds. Stir **eggs** into **fried rice**. Transfer **fried rice** to bowls, then top with **remaining scallions** and drizzle with **spicy vinaigrette**. Enjoy!