



Cauliflower Rice & Chicken Stir-Fry

with Snap Peas



30-40min



2 Servings

| We made this recipe carb conscious by customizing with cauliflower.

What we send

- 2 (½ oz) tamari ⁶
- garlic
- 1 oz fresh ginger
- 4 oz snap peas
- 2 scallions
- 1 lime
- 10 oz pkg chicken breast strips
- 1 head cauliflower

What you need

- neutral oil
- kosher salt & ground pepper
- butter ⁷

Tools

- medium nonstick skillet
- large heavy skillet (preferably cast-iron)

Cooking tip

Before cutting the lime, place it on a flat surface. Roll it a few times under the palm of your hand using medium pressure. This helps loosen up the inside so you have more juice to squeeze!

Allergens

Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 420kcal, Fat 24g, Carbs 17g, Protein 41g



1. Cook rice

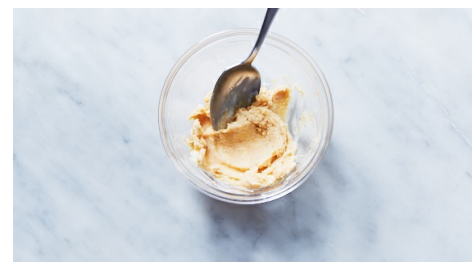
Holding the stem end, grate one half of the **cauliflower** (save rest for own use), creating small bits that resemble rice.

Heat **1 tablespoon oil** in a medium nonstick skillet over high. Add **cauliflower rice** and cook, stirring, until crisp-tender, about 5 minutes. Season with **salt** and **pepper**. Transfer to a bowl; cover and set aside.



4. Cook chicken

Heat **1 tablespoon oil** in a large heavy skillet (preferably cast-iron) over medium-high until shimmering. Add **chopped garlic and ginger**, and cook, stirring, until fragrant, about 30 seconds. Add **chicken** and cook until lightly browned and cooked through, about 4 minutes. Transfer chicken to a plate.



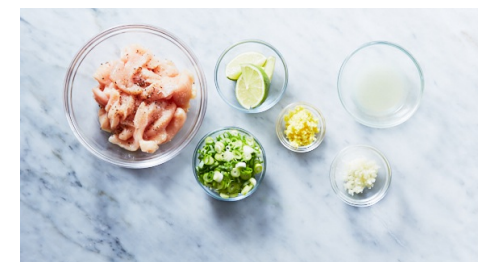
2. Make tamari butter

In a small bowl, mash to combine **1 tablespoon butter** and **2 tablespoons tamari**.



5. Finish stir-fry

Add **snap peas, half of the sliced scallions, 2 teaspoons oil**, and **a pinch each of salt and pepper** to skillet. Cook over medium-high until tender, about 4 minutes. Add **½ cup water**, scraping up browned bits. Add **tamari butter** and stir until melted. Return **chicken** to skillet along with **any resting juices**. Stir in **lime juice** and cook until warm, about 1 minute.



3. Prep ingredients

Finely chop **1 large garlic clove**. Peel and finely chop **half of the ginger**. Trim stem ends from **snap peas**. Trim **scallions**, then thinly slice. Squeeze juice from **half of the lime** into a small bowl; cut remaining half into wedges. Pat **chicken** dry, transfer to a medium bowl, and season with **salt** and **pepper**.



6. Finish & serve

Fluff **rice** with a fork, then spoon into bowls. Top with **chicken, snap peas**, and **pan sauce**. Garnish with **remaining sliced scallions** and serve with **lime wedges** for squeezing over. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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