



Whole Grain Chicken Fried Rice

with Edamame & Toasted Nori



30min



2 Servings

A variety of fresh vegetables, lean chicken breast strips, and succulent scrambled eggs proves that fried rice doesn't have to taste simple. Brown rice is the nutty, healthy base for this colorful dish that's tossed with bell peppers, scallions, edamame, and umami-rich nori (seaweed). Flavorful teriyaki sauce imparts sweet and salty notes to this hearty meal that will dissuade you from ever ordering take-out again!

What we send

- 5 oz quick-cooking brown rice
- 1 bell pepper
- 2 scallions
- garlic
- 1 pkt nori sheets
- 2 oz teriyaki sauce ^{2,3}
- 10 oz pkg chicken breast strips
- 2½ oz edamame ²
- ¼ oz gochugaru flakes

What you need

- kosher salt & ground pepper
- 2 large eggs ¹
- apple cider vinegar (or white wine vinegar)
- neutral oil

Tools

- medium saucepan
- large nonstick skillet

Cooking tip

Prep ahead: cook the rice in step 1 ahead of time and refrigerate. Day-old rice is perfect for fried rice as it can soak up more flavors while also getting crispy!

Allergens

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

Nutrition per serving

Calories 740kcal, Fat 26g, Carbs 69g, Protein 53g



1. Boil rice

Fill a medium saucepan with **salted water**; bring to a boil over high heat. Add **rice** and cook (like pasta!), stirring occasionally, until tender but still al dente, 10-12 minutes. Drain in a fine-mesh sieve, rinse under cold water, and drain well again. Spread out on a paper towel-lined plate to dry until step 5.



4. Start fried rice

Stir **chicken** and cook until cooked through, about 2 minutes more. Transfer to plate with **eggs**.

Heat **1 tablespoon oil** in same skillet over high. Add **peppers** and **a pinch of salt**. Cook, stirring frequently, until browned in spots and crisp-tender, 4-6 minutes. Add **chopped garlic** and **scallion whites and light greens**, stirring to combine, until fragrant, 1 minute.



2. Prep ingredients

Halve **pepper**, discard stem and seeds, then thinly slice into ¼-inch slices. Thinly slice **scallions**, keeping dark greens separate. Finely chop **1 teaspoon garlic**. Thinly slice **nori**.

Beat **2 large eggs** in a small bowl.

In a 2nd small bowl, whisk to combine **teriyaki sauce** and **1 tablespoon each of water and vinegar**; set aside for step 5.



5. Finish fried rice

To same skillet, add **rice, edamame**, and **2 teaspoons oil**, stirring to combine. Cook, pressing down to crisp rice and tossing occasionally, until warmed through, 4-5 minutes. Add **chicken, eggs, teriyaki mixture**, and **¾ of the nori strips**; stir to combine. Season to taste with **salt** and **pepper**.



3. Cook eggs & chicken

Heat **2 teaspoons oil** in a large nonstick skillet over medium-high. Add **eggs**; scramble until soft curds form, about 1 minute. Transfer to a plate and break into large pieces. Wipe out skillet.

Heat **1 tablespoon oil** in same skillet over medium-high. Add **chicken** in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes.



6. Serve

Serve **chicken fried rice** top with **gochugaru flakes**, as desired. Sprinkle **scallion dark greens** and **remaining nori strips** over top. Enjoy!