

# DINNERLY



## Tamari Chicken Stir-Fry with Steamed Rice



30-40min



2 Servings

The beauty of this flavorful stir-fry is that it's faster, tastier, and healthier than takeout. We're tossing lean chicken strips, crunchy veggies and soft scrambled eggs in a flavor-packed tamari sauce with fresh ginger. Nestled on a bed of fluffy jasmine rice, you won't be sorry you ditched delivery. We've got you covered!

### WHAT WE SEND

- 5 oz jasmine rice
- 1 oz fresh ginger
- 4 oz snow peas
- 1 carrot
- 1 bell pepper
- 2 (½ oz) tamari soy sauce<sup>2</sup>
- ½ lb pkg chicken breast strips
- ¼ oz granulated garlic

### WHAT YOU NEED

- kosher salt & ground pepper
- all-purpose flour (or gluten-free alternative)
- white wine vinegar (or red wine vinegar)
- sugar
- 2 large eggs<sup>1</sup>
- neutral oil

### TOOLS

- small saucepan
- medium nonstick skillet

### ALLERGENS

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

### NUTRITION PER SERVING

Calories 650kcal, Fat 20g, Carbs 78g, Protein 44g



#### 1. Cook rice

Combine **rice**, **1¼ cups water**, and **¾ teaspoon salt** in a small saucepan; bring to a boil over high heat. Cover, reduce heat to low, and simmer until rice is tender and water is absorbed, about 17 minutes. Keep covered off heat until ready to serve.



#### 2. Prep veggies & make sauce

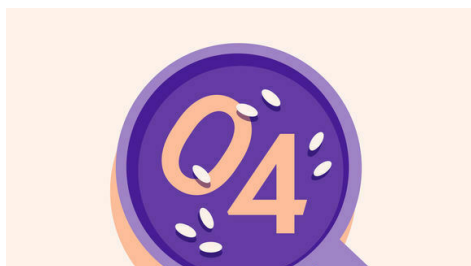
Peel and finely chop **1 tablespoon ginger**. Trim ends from **snow peas**. Scrub **carrot**, then slice on an angle into ¼-inch slices. Halve **pepper**, discard stem and seeds, and chop into 1-inch pieces.

In a small bowl, whisk to combine **all of the tamari**, **⅓ cup water**, **½ tablespoon flour**, **1 teaspoon vinegar** and **¼ teaspoon sugar**; set aside for step 4.



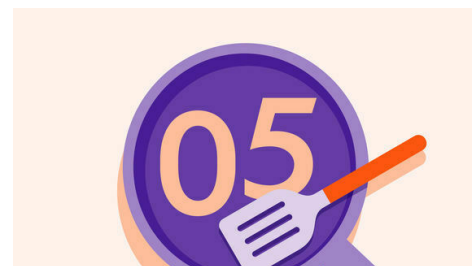
#### 3. Cook eggs

Beat **2 large eggs** in a small bowl; season with **salt** and **pepper**. Heat **2 teaspoons oil** in a medium nonstick skillet over medium-high. Add eggs and cook, stirring constantly, until set and cooked through, about 1 minute. Transfer to a bowl and cover to keep warm. Wipe out skillet.



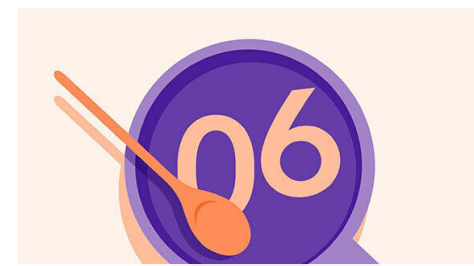
#### 4. Stir-fry chicken

Pat **chicken** dry, then season all over with **salt** and **pepper**. 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. Stir and cook until cooked through, about 2 minutes more. Transfer to bowl with eggs. Wipe out skillet.



#### 5. Stir-fry veggies

Heat **1 tablespoon oil** in same skillet over medium-high. Add **carrots** and **peppers**; cook until softened, 1–2 minutes. Add **⅓ cup water**, cover, and cook until veggies are tender, 3–4 minutes. Add **snow peas**, **chopped ginger**, and **¼ teaspoon granulated garlic**; cook until fragrant, about 30 seconds. Add **tamari mixture**; cook until sauce is slightly thickened, about 1 minute.



#### 6. Finish stir-fry & serve

Add **chicken** and **scrambled eggs** to skillet with **stir-fry**, stirring gently to combine. Use a fork to gently fluff **rice**.

Serve **steamed rice** topped with **ginger chicken & vegetable stir-fry**. Enjoy!