MARLEY SPOON



Chicken Fried Rice with Broccoli & Corn

with Carrot-Ginger Dressing

20-30min 🔌 2 Servings

Fried rice is a delicious way to fill your plate with veggies! For this version, we stir-fry crisp broccoli, snap peas, and corn with lean chicken strips, sticky sushi rice and savory tamari. And, you know that super flavorful, carrot-ginger house dressing you love so much at your local sushi joint? We made our own version and now we're passing the recipe over to you to drape over the rice just before serving.

What we send

- 5 oz sushi rice
- 1/2 lb broccoli
- garlic
- 4 oz snap peas
- 1 small bag carrots
- 1 piece fresh ginger
- 2 (1 oz) rice vinegar
- 2 (1/2 oz) tamari soy sauce 1
- 2 (1 oz) salted cashews ²
- 5 oz corn
- 10 oz pkg chicken breast strips

What you need

- kosher salt & ground pepper
- neutral oil
- sugar

Tools

- small saucepan
- microplane or box grater
- large nonstick skillet

Allergens

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

Nutrition per serving

Calories 930kcal, Fat 35g, Carbs 111g, Protein 50g



1. Cook rice

In a small saucepan, combine rice, 11/4 cups water, and 1/2 teaspoon salt Bring to a boil, then cover and cook over low until rice is tender and liquid is absorbed, about 17 minutes. Spread rice out on a plate to cool until step 6.



2. Prep ingredients

While **rice** cooks, trim ends from **broccoli** and cut into ½-inch pieces. Finely grate 2 teaspoons garlic. Trim stem ends from **snap peas**, then cut crosswise on an angle into 1/2-inch pieces. Coarsely chop cashews.

Pat chicken dry. Season all over with salt and **pepper**.



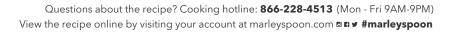
3. Make dressing

Scrub and finely grate 2 tablespoons carrot on a microplane or small holes of a box grater. Finely grate **ginger**. In a medium bowl, whisk 2 tablespoons rice vinegar, 1 tablespoon tamari, 1¹/₂ tablespoons oil, and 1½ teaspoons sugar. Stir in carrots and half of the **ainger** until combined. Season to taste with salt and pepper. Set aside until ready to serve.



6. Finish & serve

Add cooked rice and 2 teaspoons oil to skillet, stirring to combine. Cook, pressing down to allow rice to crisp, tossing occasionally and repeating, until rice is warmed through, 4-5 minutes. Add remaining tamari and chicken to skillet and stir to combine. Season to taste with salt and pepper. Serve fried rice topped with carrot-ginger dressing and cashews. Enjoy!





4. Cook chicken

Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add chicken and cook until browned and cooked through, 3-4 minutes. Transfer to a plate.



5. Cook vegetables

Heat 1/2 tablespoon oil in same skillet over medium-high. Add **broccoli** and **a** pinch of salt, tossing to coat. Add 2 tablespoon water, cover, and cook until broccoli is crisp-tender, about 2 minutes. Increase heat to high, then add **all of the** corn, snap peas, grated garlic, and remaining ginger, stirring to combine.