



Stir Fried Rice Cakes

with Mirin-Tamari Chicken & Kale



30-40min



2 Servings

A noodle stir fry never fails, but rice cakes can get the job done too! Toss these delightfully chewy discs with mirin and tamari marinated chicken strips, blanched kale, and thinly sliced yellow onion. An umami-rich sauce with mushroom seasoning and sesame oil ties it all together in delicious harmony.

What we send

- 10 oz pkg chicken breast strips
- 1 oz mirin
- 2 (½ oz) tamari soy sauce ²
- ¼ oz cornstarch
- 1 bunch curly kale
- 1 yellow onion
- garlic
- 7 oz rice cakes
- ¼ oz mushroom seasoning
- ½ oz toasted sesame oil ¹

What you need

- kosher salt
- neutral oil
- sugar

Tools

- large saucepan
- colander
- medium nonstick skillet

Allergens

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

Nutrition per serving

Calories 670kcal, Fat 26g, Carbs 63g, Protein 42g



1. Marinate chicken

Bring a large saucepan of **salted water** to a boil. Pat **chicken** dry; cut into 1-inch pieces, if necessary. In a medium bowl, combine chicken with **1 tablespoon mirin**, **½ tablespoon tamari**, and **1 teaspoon each of cornstarch and oil**. Mix well until liquid is absorbed; set aside.



4. Stir-fry chicken

In a medium nonstick skillet, heat **1 tablespoon oil** over high until lightly smoking. Add **chicken** and cook, stirring occasionally, until browned in spots and just cooked through, 4-5 minutes. Transfer to a plate.



2. Prep ingredients

Strip **kale leaves** from tough stems; discard stems, chop leaves into bite-sized pieces. Thinly slice **half of the onion** (save rest for own use). Mince **2 large garlic cloves**. Carefully peel apart **rice cakes** (use a knife, if necessary).

In a small bowl, combine **remaining mirin and tamari**, **2 teaspoons mushroom seasoning**, **½ tablespoon sesame oil**, and **1 teaspoon sugar**.



5. Stir-fry rice cakes

Heat **1 more tablespoon oil** in same skillet over high. Add **rice cakes** and cook, stirring occasionally, until lightly browned in spots, 2-3 minutes. Push rice cakes to edges of skillet and add **1 tablespoon oil** and **garlic** to center; cook until fragrant, about 15 seconds. Add **kale** and **onions**; stir-fry until onions are slightly softened, 1-2 minutes.



3. Blanch kale

Add **kale** to **boiling water** and cook until dark green and tender, about 5 minutes. Drain kale in a colander and rinse under cold water until cooled; lightly squeeze to press out excess water.



6. Finish & serve

Add **¼ cup water** to skillet and cover; cook until **rice cakes** are tender, 2-3 minutes. Remove cover and add **chicken** and **sauce mixture**. Cook, stirring frequently, until **sauce** is reduced and evenly coats **stir-fry**, 1-2 minutes. Remove from heat and divide **stir-fry** between bowls. Enjoy!