

DINNERLY



Fall Vibes! Brussels Sprouts Fried Rice with Bacon & Scallions



40-50min



2 Servings

Brrrrrrrr! No it's not cold out (yet), we're just warming up to say "Brrrrrrussels Sprouts Fried Rice with Bacon & Scallions" as many times as we can before it's time to eat. We've got you covered!

WHAT WE SEND

- ½ lb Brussels sprouts
- 2 scallions
- 4 oz pkg thick-cut bacon
- ½ lb pkg chicken breast strips
- 5 oz jasmine rice
- ½ oz tamari soy sauce ²
- ¼ oz mushroom seasoning

WHAT YOU NEED

- 2 large eggs ¹
- kosher salt & ground pepper
- neutral oil
- sugar

TOOLS

- large saucepan
- fine-mesh strainer
- aluminium foil
- large nonstick skillet

ALLERGENS

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

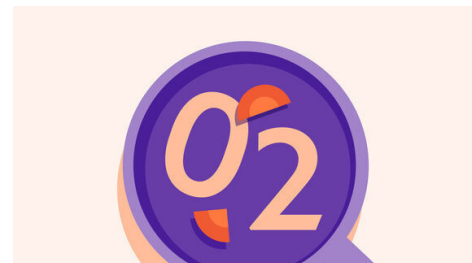
NUTRITION PER SERVING

Calories 690kcal, Fat 27g, Carbs 70g, Protein 36g



1. Prep ingredients

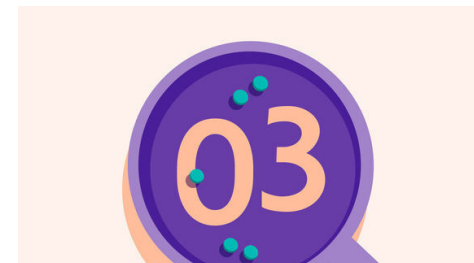
Bring a large saucepan of **water** to a boil. Thinly slice **Brussels sprouts** crosswise into thin ribbons; discard ends. Trim **scallions**; thinly slice. Cut **bacon** into ½-inch pieces. In a small bowl, whisk **2 large eggs** with a **pinch of salt and pepper** until homogenous and no strands remain. Pat **chicken** dry; cut into 1-inch pieces then season with **salt and pepper**.



2. Cook rice

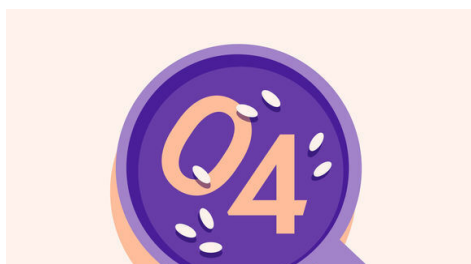
Add **rice** to boiling water and cook for 3 minutes. Drain rice into a fine mesh strainer; reserve saucepan. Keeping rice in strainer, use a chopstick to poke a couple of holes amongst rice. Cover strainer with aluminum foil.

In reserved saucepan, bring 2 inches of water to a simmer. Place strainer over simmering water; steam on medium heat until rice is tender, 15–18 minutes. Remove from heat.



3. Cook bacon & chicken

Meanwhile, add **bacon** and ½ **teaspoon oil** to a large nonstick skillet. Cook over high heat, stirring often, until golden brown and crisp, 4–5 minutes. Transfer bacon to a plate with a slotted spoon; drain **bacon fat** into a bowl. Heat **1 tablespoon oil** in same skillet over medium-high. Add **chicken** and cook until browned, 3 minutes. Stir; cook until cooked through, 2 minutes more.

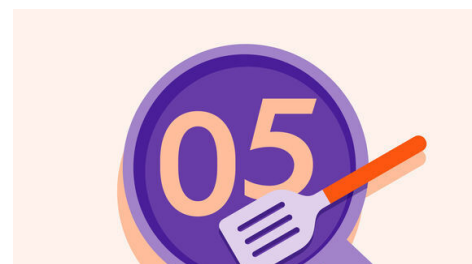


4. Cook Brussels & eggs

Add **chicken** to plate with **bacon**.

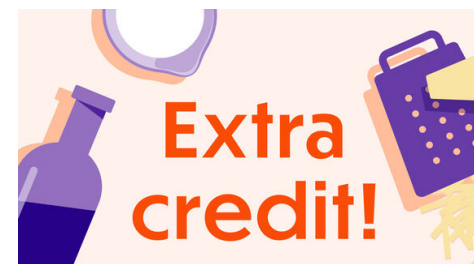
Heat ⅓ of the **reserved bacon fat** in same skillet over high heat until smoking. Add **Brussels sprouts**; season with **salt and pepper**. Cook, stirring, until deeply browned, 4–5 minutes. Transfer to plate with **bacon**.

Heat **half of the remaining bacon fat** over high heat. Add **eggs** and cook, stirring, until scrambled, 30–60 seconds.



5. Stir-fry rice & serve

Push **eggs** to edge of skillet; add **remaining bacon fat** and **rice** to empty space. Break up clumps of rice with a spoon. Stir-fry until rice grains are separated, 2–4 minutes. Stir in **1 teaspoon tamari** and ¼ **teaspoon each mushroom seasoning and sugar**; season to taste with **salt and pepper**. Stir in **bacon, chicken, Brussels sprouts**, and **scallions**. Enjoy!



6. Gettin' steamy!

We're giving rice the royal treatment to get it ready to fry faster than you can say "Brussels sprouts & bacon fried rice!" Traditionally, fried rice is made with day old rice. However, by boiling the rice and then steaming it, the rice maintains a dryer texture that's better for frying right away. The result: the fluffy fried rice you love, just with a lot less planning ahead.