



20-Min: Buddha's Delight

with Jasmine Rice



ca. 20min



2 Servings

For a quick and healthy vegetarian meal, cast your sight to Buddha's Delight. Fragrant jasmine rice is the base for a mix of fresh vegetables steamed with fresh garlic and ginger. A savory stir-fry sauce coats the veggies while the rice soaks up the rest. Sprinkle it all with toasted sesame seeds and let the aromas entice you. While we can't guarantee enlightenment, we can guarantee a happy belly.

What we send

- 5 oz jasmine rice
- garlic
- 1 oz fresh ginger
- 4 oz baby bella mushrooms
- 1 carrot
- ½ lb broccoli
- 2 oz snap peas
- 3 oz stir-fry sauce ^{1,6}
- ¼ oz cornstarch
- ¼ oz pkt toasted sesame seeds ¹¹

What you need

- kosher salt & ground pepper
- neutral oil
- apple cider vinegar

Tools

- small saucepan
- microplane or grater
- medium nonstick skillet

Allergens

Wheat (1), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 500kcal, Fat 17g, Carbs 78g, Protein 12g



1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**. Bring to a boil. Cover and cook over low until rice is tender and liquid is absorbed, about 17 minutes. Keep covered until ready to serve.



2. Prep veggies

Meanwhile, finely grate **1 teaspoon each of garlic and ginger**. Quarter **mushrooms**. Cut **carrots** on an angle into ¼-inch thick pieces. Trim stem ends from **broccoli**, then cut crowns into florets. Trim **snap peas**, if desired.



3. Cook veggies

Heat **2 tablespoons oil** in medium nonstick skillet over medium-high. Add **veggies** and cook, stirring occasionally, until veggies begin to turn bright green, 2–3 minutes. Add **grated ginger and garlic** and **¼ cup water** to skillet. Cover and reduce heat to medium; let veggies steam until crisp tender, 2–5 minutes more.



4. Make sauce

Meanwhile, in a small bowl, stir to combine **stir-fry sauce**, **cornstarch**, **¼ cup water**, and **¼ teaspoon vinegar**.



5. Finish veggies

Uncover **veggies** and increase heat to medium-high. Add **sauce** and cook, stirring, until veggies are nicely coated and sauce is thickened, 1–3 minutes. Season to taste with **salt** and **pepper**. Reduce heat to low to keep warm until the rice is ready. If sauce is too thick, thin with **water**, 1 tablespoon at a time.



6. Finish & serve

Fluff **rice** with a fork and spoon onto plates; top with **veggies and sauce**. Garnish with **sesame seeds**. Enjoy!