

DINNERLY



Thai Red Curry Plant Chicken Stir-Fry with Green Beans



30min



2 Servings

We've combined the bold flavors of Thai red curry with a plant-based chicken stir-fry, and it does not disappoint. Add a hint of lime juice and you've got yourself a dish that takeout can't beat. We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- ½ lb green beans
- ¼ oz fresh mint
- 1 lime
- ½ lb pkg plant-based chicken ⁶
- 2 (1 oz) pkts Thai red curry paste ⁶
- ½ oz tamari soy sauce ⁶

WHAT YOU NEED

- kosher salt
- garlic
- neutral oil
- sugar

TOOLS

- small saucepan
- microplane or grater
- large nonstick skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 760kcal, Fat 34g, Carbs 87g, Protein 32g



1. Cook rice

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



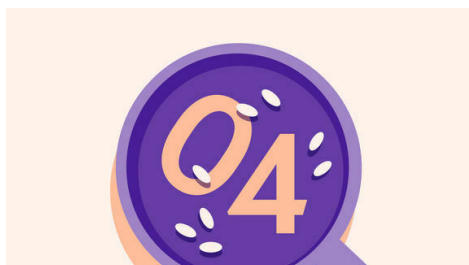
2. Prep ingredients

Trim **green beans**, then cut into 1-inch pieces. Finely chop **1 teaspoon garlic**. Pick **mint leaves** from stems, tearing in half if large; discard stems. Finely grate **1 teaspoon lime zest**; cut **lime** into wedges.



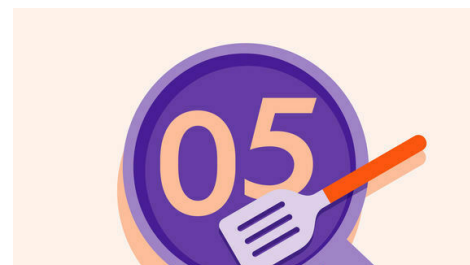
3. PLANT CHICKEN VARIATION

Heat **1 tablespoon oil** in a large nonstick skillet over medium-high until shimmering. Add **plant-based chicken** and cook until browned and cooked through, 3–4 minutes. Transfer to a plate and set aside.



4. Blister green beans

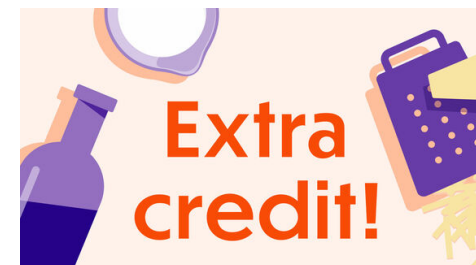
Heat **1 tablespoon oil** in same skillet over high. Once **oil** is smoking, add **green beans** and cook, stirring and tossing occasionally, until tender and browned in spots, 2–3 minutes. Season lightly with **salt**; transfer to plate with **plant chicken**.



5. Fry curry paste & serve

Heat **1 tablespoon oil** in same skillet over high. Add **chopped garlic** and **all of the curry paste**; cook, stirring, until darkened and aromatic, about 1 minute. Add **plant chicken**, **green beans**, **tamari**, **lime zest**, **mint**, and **1 tablespoon sugar**. Toss to combine. Season to taste with **salt**.

Serve **curry stir-fry** over **rice** with **lime wedges** for squeezing over top. Enjoy!



6. Take it to the next level

Want an extra hit of protein? Add a fried egg on top of each serving!