



Plant-Based Chicken Fried Rice

with Snow Peas & Carrots



20-30min



2 Servings

You'll never look at a takeout menu the same way after making fried rice at home. This fried rice comes together in about 30 minutes and features plant-based chicken, crisp veggies like snow peas and carrots, and aromatic ginger and garlic. All the ingredients come together in a quick stir-fry with jasmine rice coated in a tamari-sesame oil sauce.

What we send

- 1 carrot
- 5 oz jasmine rice
- 2 scallions
- 4 oz snow peas
- garlic
- 1 oz fresh ginger
- ½ lb pkg plant-based chicken ⁶
- 2 (½ oz) tamari soy sauce ⁶
- ½ oz toasted sesame oil ¹¹

What you need

- kosher salt & ground pepper
- 2 large eggs ³
- apple cider vinegar (or white wine vinegar)
- sugar
- neutral oil

Tools

- medium saucepan
- fine-mesh sieve
- large nonstick skillet

Cooking tip

Use shrimp immediately or freeze

Allergens

Egg (3), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 800kcal, Fat 34g, Carbs 85g, Protein 39g



1. Boil rice & carrots

Fill a medium saucepan with **salted water** and bring to a boil. Scrub **carrot**, quarter lengthwise, then cut crosswise into ¼-inch pieces. Add **rice** to boiling water, and cook (like pasta), stirring occasionally, until almost tender, about 8 minutes. Add carrots; cook rice and carrots together until tender, about 4 minutes more. Drain, rinse with cold water, and drain again.



2. Prep ingredients

While **rice and carrots** cook, trim **scallions**, then thinly slice, keeping dark greens separate. Trim **snow peas**, then halve crosswise. Finely chop **2 teaspoons garlic**. Peel and finely chop **1 tablespoon ginger**. Beat **2 large eggs** in a small bowl. Break **plant-based chicken** into pieces, then pat very dry. Season lightly with **salt and pepper**.



3. Make tamari-sesame sauce

In a small bowl, stir to combine **all of the tamari, sesame oil, 1 tablespoon each of vinegar and water**, and **2 teaspoons sugar**. Set tamari-sesame sauce aside for step 5.



4. Cook eggs & plant chicken

Heat **2 teaspoons neutral oil** in a large nonstick skillet over medium-high. Add **eggs**; scramble until soft curds form, about 1 minute. Transfer to a plate and break into large pieces. Wipe out skillet. Add **plant chicken** and **1 tablespoon neutral oil** to same skillet; cook over high, stirring, until plant chicken is browned, 3-4 minutes. Transfer to plate with eggs.



5. Cook vegetables

Add **snow peas, ginger, garlic**, and **scallion whites and light greens** to same skillet. Cook, stirring, until snow peas are bright green, 1-2 minutes. Transfer to plate with **plant chicken**. Add **rice, carrots, tamari-sesame sauce**, and **1 tablespoon neutral oil**; cook over high heat, pressing down to allow rice to crisp. Toss occasionally and repeat, until warmed, about 5 minutes.



6. Finish & serve

Stir **plant chicken, snow peas**, and **eggs** into **rice**, and toss until warmed through. Season to taste with **salt and pepper**. Serve **fried rice** topped with **scallion dark greens**. Enjoy!