

DINNERLY



Tamari Daring Plant-Based Chicken Stir-Fry

with Steamed Rice



30-40min



2 Servings

The beauty of this flavorful stir-fry is that it's faster, tastier, and healthier than takeout. We're tossing Daring plant-based chicken, crunchy veggies, and soft scrambled eggs in a flavor-packed tamari sauce with fresh ginger. Nestled on a bed of fluffy jasmine rice, you won't be sorry you ditched delivery. We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- 1 oz fresh ginger
- 4 oz snow peas
- 1 carrot
- 1 bell pepper
- 2 (½ oz) tamari soy sauce²
- 8 oz pkg plant-based chicken²
- ¼ oz granulated garlic

WHAT YOU NEED

- kosher salt & ground pepper
- all-purpose flour (or gluten-free alternative)
- white wine vinegar (or red wine vinegar)
- sugar
- 2 large eggs¹
- neutral oil

TOOLS

- small saucepan
- medium 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 680kcal, Fat 20g, Carbs 86g, Protein 40g



1. Cook rice

Combine **rice**, **1¼ cups water**, and **¾ teaspoon salt** in a small saucepan; bring to a boil over high heat. Cover, reduce heat to low, and simmer until rice is tender and water is absorbed, about 17 minutes. Keep covered off heat until ready to serve.



2. Prep veggies & make sauce

Peel and finely chop **1 tablespoon ginger**. Trim ends from **snow peas**. Scrub **carrot**, then slice on an angle into ¼-inch slices. Halve **pepper**, discard stem and seeds, and chop into 1-inch pieces.

In a small bowl, whisk to combine **all of the tamari**, **⅓ cup water**, **½ tablespoon flour**, **1 teaspoon vinegar** and **¼ teaspoon sugar**; set aside for step 4.



3. Cook eggs

Beat **2 large eggs** in a small bowl; season with **salt** and **pepper**. Heat **2 teaspoons oil** in a medium nonstick skillet over medium-high. Add eggs and cook, stirring constantly, until set and cooked through, about 1 minute. Transfer to a bowl and cover to keep warm. Wipe out skillet.



4. Stir-fry plant-chicken

Heat **1 tablespoon oil** in same skillet over medium-high. Add **plant-based chicken** in a single layer and cook, without stirring, until browned and crisp on the bottom, about 3 minutes. Flip and cook until browned, 1–2 minutes more. Transfer to bowl with eggs. Wipe out skillet.



5. Stir-fry veggies

Heat **1 tablespoon oil** in same skillet over medium-high. Add **carrots** and **peppers**; cook until softened, 1–2 minutes. Add **⅓ cup water**, cover and cook until veggies are tender, 3–4 minutes. Add **snow peas**, **chopped ginger**, and **¼ teaspoon granulated garlic**; cook until fragrant, about 30 seconds. Add **tamari mixture**; cook until sauce is slightly thickened, about 1 minute.



6. Finish stir-fry & serve

Add **plant-chicken** and **scrambled eggs** to skillet with **stir-fry**, stirring gently to combine. Use a fork to gently fluff **rice**.

Serve **steamed rice** topped with **ginger plant-chicken & vegetable stir-fry**. Enjoy!