

# DINNERLY



## Daring Plant-Based Chicken & Pepper Stir-Fry

with Jasmine Rice



20-30min



2 Servings

This deceptively simple-looking stir-fry will be the highlight of your week. Juicy pork and blistered Anaheim peppers get their time to shine in a garlicky, gingery, super savory sauce. High heat and quick cooking makes this flavor come together in a flash—perfect for a busy weeknight. Just don't forget the rice! We've got you covered!

## WHAT WE SEND

- 5 oz jasmine rice
- 8 oz pkg plant-based chicken <sup>6</sup>
- ¼ oz cornstarch
- 1 oz mirin <sup>17</sup>
- 2 (½ oz) tamari soy sauce <sup>6</sup>
- 1 oz fresh ginger
- 2 Anaheim peppers

## WHAT YOU NEED

- neutral oil
- kosher salt
- garlic

## TOOLS

- small saucepan
- medium nonstick skillet

## ALLERGENS

Soy (6), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 640kcal, Fat 21g, Carbs 83g, Protein 32g



### 1. Cook rice

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



### 2. Prep ingredients

Toss **plant chicken** in a medium bowl with **cornstarch**, **1 tablespoon each of mirin and tamari**, **2 teaspoons oil**, and **¼ teaspoon salt**. Set aside.

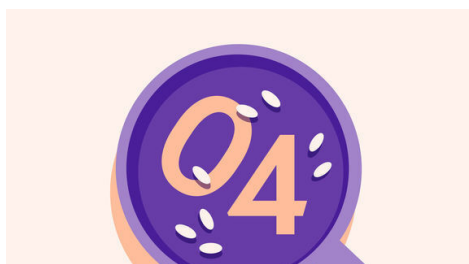
Peel and finely chop **1 teaspoon ginger**. Finely chop **2 teaspoons garlic**. Halve **peppers** lengthwise; discard stems and seeds. Cut into ¾-inch pieces.

In a small bowl, combine **remaining mirin and tamari**.



### 3. Cook plant chicken

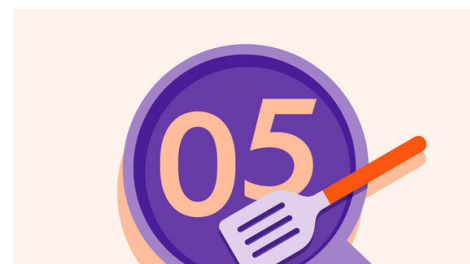
In a medium nonstick skillet, heat **2 teaspoons oil** over high. Add **plant chicken**; spread in a single layer. Cook without stirring until lightly browned, 30–60 seconds. Cook, frequently tossing and stirring, 1–2 minutes more. Transfer to a plate.



### 4. Stir-fry peppers

Heat **1 tablespoon oil** in same skillet over high until lightly smoking. Add **peppers** and cook, stirring occasionally, until blistered in spots and crisp-tender, 30–60 seconds.

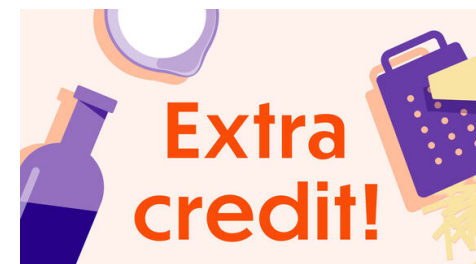
Move peppers to sides of skillet; add **ginger, garlic**, and **1 teaspoon oil** to center. Cook until sizzling and fragrant, about 10 seconds. Add **plant chicken** and toss to combine.



### 5. Add sauce & serve

Add **mirin-tamari mixture** around edges of skillet. Cook, frequently stirring and tossing, until **plant-based chicken and peppers** are shiny and glazed, 30–60 seconds. Fluff **rice** with a fork.

Serve **stir-fried plant chicken and peppers** with **rice**. Enjoy!



### 6. Check us out!

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