

# DINNERLY



## Daring Plant Chicken Cauliflower Fried Rice

with Salted Cashews



under 20min



2 Servings

Fried rice with no rice? It may sound impossible, but if cauliflower can do it, then so can you. Just toss cauliflower rice into a skillet with plant-based chicken, peas, carrots, scrambled eggs, and umami-rich tamari sauce. And don't forget the salted cashews for a well deserved crunch. We've got you covered!

### WHAT WE SEND

- 2 scallions
- 1 oz salted cashews<sup>3</sup>
- 1 carrot
- 1 oz fresh ginger
- 8 oz pkg plant-based chicken<sup>2</sup>
- 12 oz cauliflower rice
- 2½ oz peas
- 2 (½ oz) tamari soy sauce<sup>2</sup>

### WHAT YOU NEED

- 2 large eggs<sup>1</sup>
- kosher salt & ground pepper
- neutral oil
- apple cider vinegar (or vinegar of your choice)
- pinch of sugar

### TOOLS

- microplane or grater
- medium nonstick skillet

### ALLERGENS

Egg (1), Soy (2), Tree Nuts (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 500kcal, Fat 27g, Carbs 32g, Protein 40g



#### 1. Prep ingredients

Trim ends from **scallions** and thinly slice, keeping dark greens separate.

Coarsely chop **cashews**. Cut **carrot** into ½-inch pieces.

Peel and finely grate ½ **teaspoon ginger**.



#### 2. Cook eggs

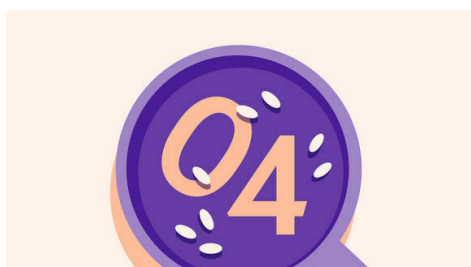
Beat **2 large eggs** in a small bowl; season with a **pinch each of salt and pepper**.

Heat **2 teaspoons oil** in a medium nonstick skillet over medium-high until shimmering. Add eggs and cook, stirring occasionally, until softly scrambled, about 1 minute. Transfer to a plate; wipe out skillet.



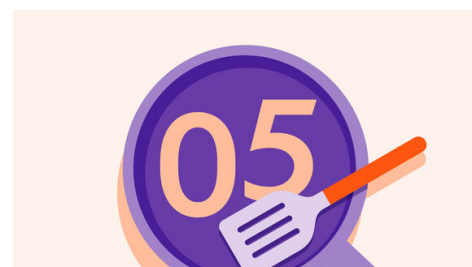
#### 3. PLANT CHICKEN VARIATION

Pat **plant chicken** dry; cut into 1-inch pieces if necessary. Heat **1 tablespoon oil** in same skillet over medium-high. Add chicken in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and cook until heated through, about 2 minutes more. Transfer to plate with **eggs**. Wipe out skillet.



#### 4. Cook veggies

Heat **1 tablespoon oil** in same skillet over medium-high. Add **carrots** and cook until browned and tender, 3–5 minutes. Add **ginger** and **scallion whites and light greens**; cook, stirring, until fragrant, about 30 seconds. Add **cauliflower rice** and **peas**. Cook, stirring occasionally, until warmed through and tender, 2–4 minutes.



#### 5. Add sauce & serve

To same skillet, stir in **plant chicken, eggs, all of the tamari, ¼ teaspoon vinegar, and a pinch of sugar**; cook until veggies are evenly coated in sauce. Season to taste with **salt and pepper**.

Serve **cauliflower fried rice** with **scallion dark greens** and **cashews** sprinkled over top. Enjoy!



#### 6. Check us out!

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