

# DINNERLY



## Red Curry Stir-Fry with Daring Plant Chicken

& 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
- 8 oz pkg plant-based chicken <sup>1</sup>
- 2 oz Thai red curry paste <sup>1</sup>
- ½ oz tamari soy sauce <sup>1</sup>

### WHAT YOU NEED

- kosher salt
- garlic
- neutral oil
- sugar

### TOOLS

- small saucepan
- microplane or grater
- large nonstick skillet

### ALLERGENS

Soy (1). 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.



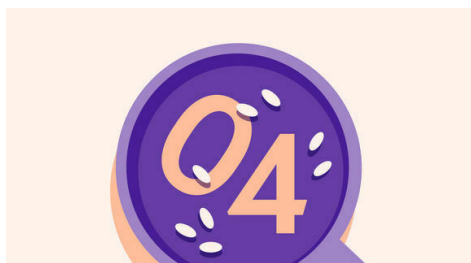
#### 2. Prep ingredients

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.



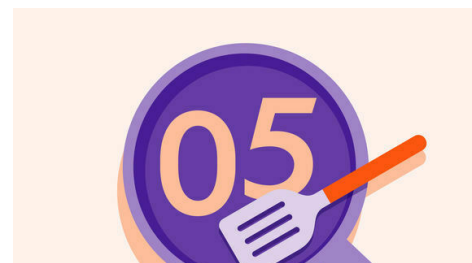
#### 3. PLANT CHICKEN VARIATION

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

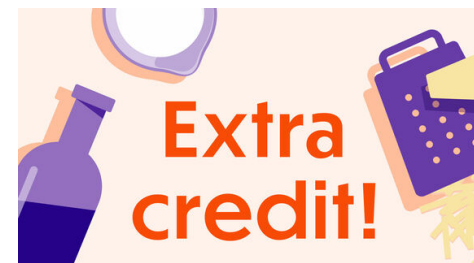
Heat **1 tablespoon oil** in same skillet over high. Once **oil** is smoking, add **green beans** and cook, stirring and tossing occasionally, until tender and browned in spots, 2–3 minutes. Season lightly with **salt**; transfer to plate with **plant chicken**.



#### 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 **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 a hit of protein? Add a fried egg on top of each serving!