

DINNERLY



Chinese Vegetable Stir-Fry with Steamed Rice

 20-30min  2 Servings

The beauty of this flavorful stir-fry is that it's faster, tastier, and healthier than takeout. This recipe is full of crunchy veggies flashed in the pan with garlic, ginger, and tamari, then tossed with lightly scrambled eggs. It's all nestled on a bed of fluffy rice. We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- garlic (use 1 large clove)
- 1 oz fresh ginger (use half)
- 1 carrot
- 1 bell pepper
- 4 oz snow peas
- 2 (½ oz) tamari in fish-shaped pods ⁶

WHAT YOU NEED

- kosher salt & ground pepper
- all-purpose flour ¹
- white wine vinegar (or red wine vinegar) ¹⁷
- sugar
- eggs ³
- neutral oil, such as vegetable

TOOLS

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

ALLERGENS

Wheat (1), Egg (3), Soy (6), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 510kcal, Fat 17g, Carbs 74g, Protein 15g



1. Cook rice

Rinse **rice** in a fine-mesh sieve under running water until water runs clear. Drain and transfer to a small saucepan. Add **1¼ cups water** and **¾ teaspoon salt**; bring to a boil. Cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Remove from heat and keep covered until ready to serve.



4. Stir-fry veggies

Heat **1 tablespoon oil** in same skillet over medium-high. Add **carrots and peppers**. Cook until softened, 1–2 minutes. Add **½ cup water**, cover, and cook until veggies are tender, 3–4 minutes. Add **snow peas**, along with **chopped garlic and ginger**. Cook until fragrant, about 30 seconds. Add **tamari mixture**; cook until sauce is slightly thickened, about 1 minute.



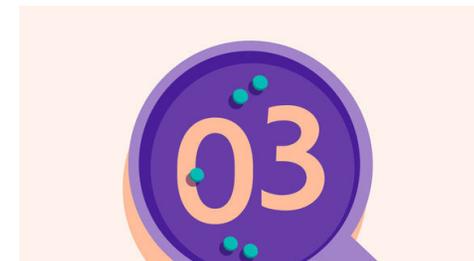
2. Prep ingredients

Peel and finely chop **1 teaspoon garlic** and **1 tablespoon ginger** as desired. Cut **carrot** on an angle into ¼-inch slices. Halve, core, and remove seeds from **bell pepper**; cut into 1-inch pieces. Trim ends from **snow peas**. In a small bowl, whisk together **all of the tamari**, **½ cup water**, **½ tablespoon flour**, **1 teaspoon vinegar** and **¼ teaspoon sugar**; set aside.



5. Finish stir-fry & serve

Add **scrambled eggs** back to skillet, stirring gently to combine with **veggies**. Fluff **rice**. Serve **steamed rice** topped with **vegetable stir-fry and scrambled eggs**. Enjoy!



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.



6. Spice it up!

For a bit of heat, stir-fry a little shake of Sriracha or sambal oelek before serving. Or stir a spoonful of chili-garlic paste right into the sauce in step 2.