



## Quinoa "Fried Rice"

with Roasted Mushrooms & Kale

 30-40min  2 Servings

Major flavor enhancers (tamari, sesame oil, fresh ginger, and garlic) add plenty of pizzazz to this healthier take on fried rice, which features nutty, protein-rich quinoa in place of white rice. Be sure to let the skillet get nice and hot before sautéing the quinoa, as those crispy bits truly make the dish.



## What we send

- 3 oz white quinoa
- ¼ oz fresh basil
- 1 oz scallions
- ½ lb baby bella mushrooms
- 1 bunch curly kale
- 1 oz fresh ginger (use half)
- garlic (use 2 large cloves)
- ½ oz toasted sesame oil <sup>2</sup>
- 2 (½ oz) tamari in fish-shaped pods <sup>3</sup>
- 2 pkts Sriracha

## What you need

- kosher salt & ground pepper
- neutral oil
- sugar
- egg <sup>1</sup>

## Tools

- small saucepan
- rimmed baking sheet
- large nonstick skillet

## Allergens

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

## Nutrition per serving

Calories 770kcal, Fat 69g, Carbs 31g, Protein 17g



### 1. Cook quinoa & mushrooms

Preheat oven to 425°F with a rack in the upper third. In a small saucepan, combine **quinoa**, **a pinch of salt**, and **¾ cup water**, and bring to a boil. Cover, reduce to low, and simmer until tender and water is absorbed, about 17 minutes. Spread on a plate to cool.



### 4. Make marinade

Peel and finely chop **half of the ginger** (save rest for own use). Peel and finely chop **2 large garlic cloves**. In a large bowl, combine **sesame oil**, **all of the tamari**, **½ teaspoon chopped ginger**, **1 Sriracha packet**, **1 teaspoon sugar**, and **1 tablespoon water**, whisking until sugar dissolves. Add **mushrooms** and **kale** to bowl, and toss to combine.



### 2. Prep mushrooms & kale

Pick **basil leaves** from stems; discard stems and chop half of the leaves. Trim **scallions**, then thinly slice. Cut **mushrooms** lengthwise into ¼-inch slices. Strip **kale leaves** from stems and coarsely chop leaves, discarding stems. In a large bowl, massage kale with **2 tablespoons each water and oil** and **a pinch of salt** until leaves wilt slightly.



### 5. Stir-fry ingredients

Heat **2 tablespoons neutral oil** in large nonstick skillet over medium-high. Add **garlic**, **half of the scallions**, and **remaining ginger**; cook until fragrant, 1-2 minutes. Add **quinoa**, **mushrooms**, **kale**, and **marinade**; cook until warm, 1-2 minutes. Stir in **chopped basil**. Transfer to plates, then wipe out skillet and return to stovetop.



### 3. Roast veggies

Place **mushrooms** on a rimmed baking sheet and toss with **3 tablespoons oil** and **a pinch each salt and pepper**. Roast, stirring once, until tender, about 10 minutes. Using spatula, move mushrooms to one half of the baking sheet. Add **kale** to the other half. Roast until kale is tender, stirring once, about 8 minutes.



### 6. Cook eggs & serve

Heat **2 tablespoons neutral oil** in skillet over medium-high. Add **2 large eggs**; cook until edges are set, 1-2 minutes. Carefully, spoon hot oil over eggs, until whites are set but yolks are still runny, 1-2 minutes. Place **eggs** on top of **quinoa**; cut eggs and toss with quinoa. Tear **remaining basil** leaves over top, and garnish with **remaining scallions** and **Sriracha**. Enjoy!