



DINNERLY



LOW CALORIE

NO ADDED GLUTEN

Mushroom & Broccoli Fried Rice with Soft Boiled Eggs

 20-30min  2 Servings

Veggie fried rice is at the top of our take-out list. It's got everything you need in a meal—chewy rice, lots of veggies, TONS of umami flavor, and...of course...protein from eggs. This is a Dinnerlyzed take on fried rice that includes broccoli and mushrooms, plus, instead of scrambled eggs mixed in, we upped the fancy factor with a soft-boiled egg topper—easy on the eyes, and also easy to coo...

WHAT WE SEND

- jasmine rice
- broccoli
- cremini mushrooms
- fresh ginger
- chili garlic sauce ¹⁷
- garlic

WHAT YOU NEED

- 2 large eggs
- apple cider vinegar
- kosher salt & ground pepper
- sugar

TOOLS

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

ALLERGENS

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

NUTRITION PER SERVING

Calories 590.0kcal, Fat 25.0g, Proteins 17.0g, Carbs 74.0g



1. Boil eggs

Fill a small saucepan with **salted water**. Bring to a boil, carefully place **eggs** inside (the water should cover the eggs by ½ inch), and simmer over medium heat for 6 minutes. Using a slotted spoon, remove eggs from saucepan and place in a bowl of cold water. Once cool, remove shells and set eggs aside. Reserve water in saucepan for step 2.



2. Boil rice

Return water to a boil over high heat. Add **rice** and boil, like pasta, stirring occasionally, for about 12 minutes, or until just tender. Drain in a fine-mesh sieve, rinse with cold water, and drain well again.



3. Prep veggies & sauce

While **rice** cooks, trim ends from **broccoli** and cut into 1-inch florets. Wipe **mushrooms** clean, then quarter. Peel and finely chop **1 tablespoon ginger** and **1 teaspoon garlic**. In a small bowl, stir together **all of the tamari, chili sauce** (or less, depending on heat preference), **½ teaspoon sugar, 2 teaspoons vinegar**, and **2 tablespoons water**.



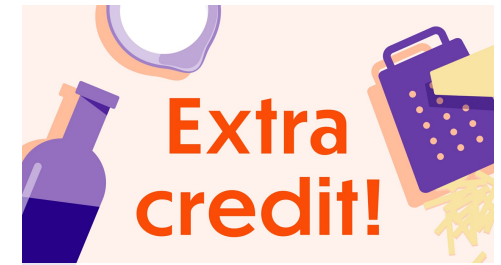
4. Stir-fry veggies

Heat **2 tablespoons oil** in a large nonstick skillet over medium-high. Add **broccoli** and **a pinch each salt and pepper**. Cook, stirring occasionally, until crisp-tender, about 3 minutes. Transfer to a plate. Add **mushrooms, 1 tablespoon oil**, and **a pinch each salt and pepper** to skillet. Cook, stirring occasionally, until well browned, about 5 minutes.



5. Add rice & sauce

Add **rice, garlic, ginger**, and **sauce** to skillet and cook on high, pressing down with a spoon to allow rice to crisp, tossing occasionally and repeating, 2-4 minutes. Stir in **broccoli**; season to taste with **salt** and **pepper**. Serve **rice** topped with an **egg**. Slice **egg** in half directly on top of **rice**, letting **yolk** spill out. Enjoy!



6. Make it meaty!

We love a solid veggie take on fried rice, but some people at your table might not feel satisfied without a meat add-in. Go ahead and add the meat of your choice, either ground or strips—or even shrimp.