



DINNERLY



LOW CALORIE

NO ADDED GLUTEN

Curry Veggie Fried Rice with Omelet Ribbons

 20-30min  4 Servings

If fried rice is wrong, we don't want to be right. It's a comfort food that is superior to all other comfort foods. Chewy, tender rice. Umami (thanks to the tamari). Succulent pieces of omelet (ie protein). Veggie goodness. Oh, and, in this particular case, we've amped it up with a delicious curry powder. This is what we call an easy, very peas-y fried rice. We've got you covered!

WHAT WE SEND

- fresh ginger
- peas
- jasmine rice
- curry powder
- snow peas
- garlic
- tamari soy sauce

WHAT YOU NEED

- apple cider vinegar
- kosher salt & ground pepper
- sugar

TOOLS

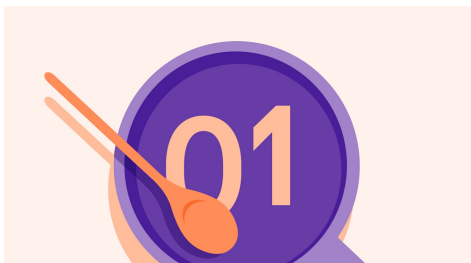
- fine-mesh sieve
- nonstick skillet
- saucepan

ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 620kcal, Fat 26g, Carbs 76g, Proteins 18g



1. Boil rice

Bring a large saucepan of **salted water** to a boil. Add **rice** to boiling water and cook (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.



2. Prep ingredients

Meanwhile, peel and finely chop **3 teaspoons garlic**. Peel and finely chop **ginger**. Trim stem ends from **snow peas** and cut in half crosswise. Whisk **4 eggs** in a medium bowl; season with **salt** and **pepper**. In a small bowl, combine **all of the tamari**, **2 tablespoons curry powder**, **2 tablespoons vinegar**, and **2 teaspoons sugar**; whisk until sugar is dissolved.



3. Cook omelet

Heat **1 tablespoon oil** in a large nonstick skillet over medium-high. Add **beaten eggs** to skillet and swirl pan to spread eggs close to the edges. Cover and cook until egg is set, about 1 minute. Use a spatula to slide omelet onto a cutting board. When omelet is cool enough to handle, roll it up into a cylinder and cut crosswise into ½-inch wide ribbons.



4. Sauté veggies

Heat **1 tablespoon oil** in the same skillet over high until shimmering. Add **peas**, **snow peas**, and a **pinch of salt**, then stir-fry until lightly browned in spots, 1–2 minutes. Add **chopped garlic and ginger**, and cook until fragrant, about 30 seconds. Transfer to a plate. Heat **¼ cup oil** in same skillet over high until shimmering.



5. Finish & serve

To skillet, add **cooked rice** and fry, pressing down to allow rice to crisp, tossing occasionally, until the rice is warmed through, 3–4 minutes. Add **tamari mixture** to skillet and cook, tossing frequently, until liquid is absorbed, about 3 minutes. Remove from heat, stir in **veggies**; season to taste with **salt**. Top **fried rice** with **sliced omelet**. Enjoy!



6. Make it ahead!

For fried rice preparations, it's actually helpful for the rice to be a little dried out so it's not as starchy and sticky. For this reason, you can cook and immediately cool the rice ahead of time. Hold it in the fridge until ready to finish the recipe.