

Vegetable Fried Rice Bowls

with Cauliflower, Gai Lan & Fried Eggs

PREP TIME: 15 minutes

COOK TIME: 25-35 minutes

SERVINGS: 2

Tonight's spin on fried rice features a hearty trio of vegetables: roasted cauliflower, crunchy carrots and gai lan—a broccoli relative with large, tender leaves. We're bringing the vegetables and rice together with sweet and savory yakiniku (a Japanese barbecue sauce similar to teriyaki), then topping each bowl with a fried egg, whose yolk can be mixed into the rice for an extra layer of satisfying richness.



BLUE APRON WINE PAIRING:

Arco von Kammersbründl Grüner Veltliner, 2015

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Ingredients



2
CAGE-FREE FARM
EGGS



1/2 cup
LONG GRAIN
WHITE RICE



2
CARROTS



2
SCALLIONS



1 bunch
GAI LAN



1 head
CAULIFLOWER



1/2 bunch
GARLIC CHIVES

KNICK KNACKS:



2 Tbsp
SESAME OIL



3 Tbsp
YAKINIKU SAUCE



3 Tbsp
ROASTED
CASHEWS



1 1-inch piece
GINGER



1 Tbsp
RICE VINEGAR



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1 Prepare the ingredients:

- Preheat the oven to 475°F.
- Wash and dry the fresh produce.
- Cut out and discard the core of the cauliflower; cut the head into bite-sized florets.
- Peel the carrots; thinly slice on an angle.
- Peel and mince the ginger.
- Cut off and discard the root ends of the scallions; thinly slice on an angle, separating the white bottoms and green tops.
- Cut off and discard the bottom inch of the gai lan stems; thinly slice the stems and roughly chop the leaves.
- Thinly slice the garlic chives.
- Roughly chop the cashews.

2 Roast the cauliflower:

- Place the **cauliflower** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer and roast 18 to 20 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven.

3 Cook the rice:

- While the cauliflower roasts, in a small pot, combine the **rice**, a **big pinch of salt** and **¾ cup of water**. Heat to boiling on high; once boiling, cover and reduce the heat to low. Cook 14 to 16 minutes, or until the water has been absorbed and the rice is tender. Turn off the heat and fluff the cooked rice with a fork.



4 Cook the vegetables:

- Once the rice has cooked for about 10 minutes, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **carrots**, **ginger** and **white bottoms of the scallions**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened. Add the **gai lan leaves and stems** and season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until the leaves have wilted.



5 Make the fried rice:

- To the pan of vegetables, add the **cooked rice**, **roasted cauliflower**, **garlic chives**, **yakiniku sauce**, **sesame oil** and **vinegar**. Cook on medium-high, stirring occasionally, 2 to 3 minutes, or until thoroughly combined. Turn off the heat; season with salt and pepper to taste. Divide between 2 bowls; set aside in a warm place. Rinse and wipe out the pan.

6 Fry the eggs & plate your dish:

- In the same pan, heat 2 teaspoons of olive oil on medium until hot. Crack the **eggs** into the pan, keeping them separate; season with salt and pepper. Cook 4 to 5 minutes, or until the whites are set and the yolks are cooked to your desired degree of doneness.
- Top the **fried rice** with the fried eggs. Garnish with the **cashews** and **green tops of the scallions**. Enjoy!

