

Cabbage & Chard Fried Rice

with Sweet Potato & Shiitake Mushrooms

Why order takeout when you can cook an even more delicious version of the same meal in your very own kitchen? Fried rice, one of our favorites, is a snap to make. And we're giving it a healthful, seasonal twist with shiitake mushrooms, chard, broccoli, sweet potato and cabbage, all of which are at their best in the colder months. The freshness and flavor of these vegetables, combined with traditional aromatics and a sweet soy sauce, put this classic truly over the top. No more waiting around for the delivery guy!



Ingredients

- 2 Farm Eggs
- 1 Cup Jasmine Rice
- 4 Ounces Shiitake Mushrooms
- 3 Cloves Garlic
- 3 Scallions
- 1 Bunch Green Chard
- 1 Carrot
- 1 Sweet Potato
- ½ Head Broccoli
- ¼ Head Napa Cabbage

Knick Knacks

- 1 1-Inch Piece Ginger
- 4 Tablespoons Sweet Soy Sauce

Makes 2 Servings

About 500 Calories Per Serving

Cooking Time: 25 to 35 minutes



For cooking tips & tablet view, visit blueapron.com/recipes/496

Recipe #496

1



Cook the rice:

In a small pot, combine the **rice**, a **big pinch of salt** and **1½ cups of water**. Heat to boiling on high. Once boiling, reduce the heat to low and cover. Simmer 11 to 13 minutes, or until the water has been absorbed. Remove from heat and let rest for 5 minutes. Fluff the finished rice with a fork.

2



Prepare the ingredients:

While the rice cooks, cut off and discard the mushroom stems; thinly slice the caps. Cut the broccoli into small florets. Remove the root ends of the scallions; thinly slice the scallions, separating the white bottoms and green tops. Peel and mince the garlic. Peel and slice the carrot into thin matchsticks. Separate the chard leaves and stems. Slice the leaves into ribbons; roughly chop the stems. Peel and mince the ginger. Peel the sweet potato; grate on the large side of a box grater. Remove and discard the core of the cabbage; thinly slice the leaves. Crack the eggs into a medium bowl; beat until smooth.

3



Cook the mushrooms & broccoli:

In a large pan (nonstick, if you have one), heat 2 teaspoons of oil on medium-high until hot. Add the **mushrooms** and **broccoli**; cook, stirring occasionally, 4 to 5 to minutes, or until the mushrooms have softened and the broccoli is bright green. Season with salt and pepper. Transfer to a bowl and set aside. Wipe out the pan.

4



Start the fried rice:

In the same pan used to cook the mushrooms and broccoli, heat 2 teaspoons of oil on medium-high until hot. Add the **garlic**, **ginger**, **chard stems** and **white bottoms of the scallions**; cook, stirring constantly, 30 seconds to 1 minute, or until fragrant. Add the **carrots**, **sweet potato** and **¼ cup water**; cook, stirring frequently, 2 to 3 minutes, or until the vegetables have softened slightly. Add the **cabbage**, **chard leaves** and **¼ cup of water**; cook, stirring occasionally, 2 to 3 minutes, or until the chard leaves have wilted.

5



Add the eggs, broccoli & mushrooms :

Add the **eggs** and **cooked broccoli and mushrooms** to the pan of vegetables. Cook, stirring constantly, 2 to 3 minutes, or until thoroughly combined and the eggs are cooked to your desired degree of doneness. Remove from heat.

6



Finish & plate your dish:

Add the **cooked rice** and **sweet soy sauce** to the pan of vegetables; stir until thoroughly combined. Season with salt and pepper to taste. Divide the **fried rice** between two dishes and garnish with the **green tops of the scallions**. Enjoy!