



VEGAN ASPARAGUS & EDAMAME FRIED RICE

with Peas, Sesame Seeds & Scallions

INGREDIENTS

2 PERSON | 4 PERSON



¾ Cup | 1½ Cups
Jasmine Rice



6 oz | 12 oz
Asparagus



2 | 4
Scallions



2 Cloves | 4 Cloves
Garlic



1 Thumb | 2 Thumbs
Ginger



4 oz | 8 oz
Edamame
Contains: Soy



4 oz | 8 oz
Peas



5 tsp | 10 tsp
Rice Wine Vinegar



2 TBSP | 4 TBSP
Soy Sauce
Contains: Soy, Wheat



1 TBSP | 1 TBSP
Sesame Oil
Contains: Sesame



1 TBSP | 2 TBSP
Sesame Seeds
Contains: Sesame



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Shrimp
Contains: Shellfish
Calories: 670



10 oz | 20 oz
Diced Chicken
Thighs
Calories: 740



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 550



HELLO FRESH

HELLO





RICE WINE VINEGAR

This mild, slightly sweet vinegar adds balanced acidity.

SO A-PEELING

To peel ginger, break out your spoon! Using the spoon's tip, apply pressure in a downward motion, carving away the skin.

BUST OUT

- Small pot
- Paper towels  
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp) (1 tsp | 1 tsp)  


MORE IS MORE


If you ordered 6 servings, simply triple the amounts in the 2-person recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

GET SOCIAL

Share your [#HelloFreshPics](#) with us [@HelloFresh](#)

(646) 846-3663 | [HelloFresh.com](#)


 *Shrimp are fully cooked when internal temperature reaches 145°.

 *Chicken is fully cooked when internal temperature reaches 165°.



1 COOK RICE



- In a small pot, combine **rice** and **1 1/4 cups water (2 1/4 cups for 4 servings)**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to use in Step 4.

-  Rinse **shrimp*** under cold water. Pat shrimp or **chicken*** dry with paper towels; season all over with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add shrimp or chicken and cook, stirring occasionally, until cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



4 START FRIED RICE

- To pan with **asparagus and edamame mixture**, add **peas, rice, vinegar, half the soy sauce**, and **half the sesame oil (all for 4 servings)**. Stir to combine.
- Return pan to high heat. Cook, stirring occasionally, until **rice mixture** is warmed through, 1-2 minutes.

-  Stir in **shrimp** or **chicken** along with  **peas, rice, vinegar, soy sauce**, and **sesame oil**.



2 PREP

- While rice cooks, **wash and dry produce**.
- Trim and discard woody bottom ends from **asparagus**; cut stalks crosswise into 1-inch pieces. Trim and thinly slice **scallions**, separating whites from greens. Peel and mince or grate **garlic**. Peel and mince or grate **ginger**.





5 FINISH FRIED RICE

- Press **rice mixture** into an even layer; cook, undisturbed, until lightly browned on bottom, 30-60 seconds.
- Taste and season with **remaining soy sauce** if desired.



3 COOK ASPARAGUS & EDAMAME

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **asparagus, scallion whites**, and **edamame**; season with **salt** and **pepper**. Cook, stirring, until lightly browned, 4 minutes.
- Add **garlic** and **ginger**; cook, stirring occasionally, until fragrant, 30-60 seconds.
- Remove pan from heat.

-  Use pan used for shrimp or  chicken here.



6 SERVE

- Divide **fried rice** between shallow bowls. Garnish with **scallion greens** and **sesame seeds**. Serve.