



JAPANESE VEGETABLE FRITTERS

Ginger-Sriracha aioli, broccoli & cashews, rice with edamame

COOK TIME
40 MIN

SERVINGS
2

CALORIES PER SERVING
780

This is Japanese comfort food at its finest. *Okonomiyaki* – golden, crispy, pan-fried fritters, made here with cabbage, carrots, scallions, eggs, and flour – are drizzled in a ginger-sriracha aioli for a hint of spicy creaminess. The dish is rounded out with a savory side of tamari-seasoned broccoli with cashews. Fluffy jasmine rice, studded with edamame and pickled ginger, forms a hearty base for the dish.

INGREDIENTS (11 ITEMS)

- 3 ½ oz **Cabbage***
- & 1 oz **& carrots**
- 2 whole **Scallions**
- 1 ¾ oz **Tamari-mirin sauce** S
- 2 medium **Eggs** E
- 3 tbsp **Flour** W
- 6 oz **Broccoli**
- ½ oz **Dry-roasted cashews** T
- ½ cup **Jasmine rice**
- 2 ¾ oz **Edamame** S
- ½ oz **Pickled ginger**
- 1 ½ oz **Ginger-Sriracha aioli** E S

WHAT YOU'LL NEED

- small pot with lid
- large sauté pan
- large nonstick pan
- large bowl
- measuring cup & spoons
- whisk
- cooking oil
- salt & pepper

ALLERGENS

- S SOY
- E EGGS
- W WHEAT
- T TREE NUTS (cashews)

*This ingredient may be a different color. Either way, this dish will still be delicious!



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Wash hands and surfaces after handling raw eggs. Consuming raw or undercooked eggs may increase your risk of foodborne illness. Go to help.greenchef.com for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 COOK RICE

- Bring **jasmine rice**, 1 cup water, and about ¼ teaspoon salt to a boil in a small pot. Stir. Reduce heat to medium-low and cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water is absorbed.
- Remove from heat. Let rest, covered, 3 minutes.

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.



2 PREP

- Finely chop **cabbage and carrots** into rice-size pieces.*
- Thinly slice **scallions**; discard root ends.
- Cut **broccoli** into bite-size pieces if necessary.
- Roughly chop **dry-roasted cashews** if necessary.
- Roughly chop **edamame**.
- Roughly chop **pickled ginger**.

*If you have a food processor, use the S-shaped blade to quickly chop your cabbage and carrots instead.



3 MAKE FRITTER MIXTURE

- Crack **eggs** into a large bowl. Add about 1 ½ tablespoons of the **tamari-mirin sauce**. Whisk to combine. Add **flour**, about ¼ teaspoon salt, and about ¼ teaspoon pepper. Stir to combine. Add **cabbage and carrots** and about half of the **scallions**. Mix thoroughly to form a cohesive mixture.



4 COOK FRITTERS

- Heat about 1 ½ tablespoons cooking oil in a large nonstick pan over medium-high heat until shimmering. Once pan is hot, add 2-3 large spoonfuls (about ¼ cup each) of the **fritter mixture**. Lightly press to flatten. Cook 3-5 minutes, or until bubbles form.
- Flip **fritters**. Cook 3-5 minutes, or until fritters are browned and crispy.
- Transfer **fritters** to a plate. Cover with foil to keep warm.
- Repeat process with remaining mixture, making 4-6 fritters total.



5 SAUTÉ BROCCOLI

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **broccoli** to hot pan. Lightly season with salt and pepper. Cook 6-8 minutes, or until broccoli is tender, stirring occasionally.
- Add **cashews**. Cook 1-2 minutes, or until cashews are lightly toasted, stirring frequently.
- Remove from heat. Add remaining **tamari-mirin sauce**. Stir to combine.

6 FINISH RICE

- Fluff **rice** with a fork. Add **edamame** and most of the **ginger** to pot. Stir to combine.

7 PLATE YOUR DISH

- Divide **edamame-studded rice** between plates. Shingle **Japanese vegetable fritters** over rice. Drizzle with **ginger-Sriracha aioli** to taste. Serve **sautéed broccoli and cashews** on the side. Garnish with remaining **scallions** and remaining **pickled ginger**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (404g)

Amount per serving

Calories **780**

	% Daily Value*
Total Fat 43g	55%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 215mg	72%
Sodium 1350mg	59%
Total Carbohydrate 72g	26%
Dietary Fiber 6g	21%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 2mcg	10%
Calcium 162mg	10%
Iron 11mg	60%
Potassium 947mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Allergen information:

Contains Tree Nuts, Soy, Egg And Wheat

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.