



**GREEN
CHEF**

JAMAICAN FRIED RICE

collards, kidney beans, rainbow carrots, pineapple, mint

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

870

MENU

VEGAN // GLUTEN-FREE

A takeout favorite gets some island-inspired flair in this veggie-packed meal. Here, fluffy jasmine rice is pan-fried with chunks of pineapple, ginger, fresh mint, and tamari sauce for a symphony of sweet, herby, and umami-packed flavors. It's served over a bed of tender marinated collard greens and topped with roasted jerk-spiced rainbow carrots and kidney beans for some protein-rich oomph. A sprinkle of cashews adds a light crunch throughout.



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



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

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

INGREDIENTS (12 ITEMS)

1 whole	Vegetable stock concentrate
½ cup	Jasmine rice
13¼ oz	Kidney beans
3½ oz	Collard greens
2¾ oz	Pineapple
⅛ oz	Mint
½ oz	Roasted cashews T
4¼ oz	Rainbow carrots
1½ tsp	Jerk spice blend T
3½ oz	Pineapple-sunflower seed dressing
2 oz	Yellow onions
¼ oz	& ginger
¾ oz	Gluten-free tamari sauce S

WHAT YOU'LL NEED

small pot with lid
large nonstick pan
baking sheet
large bowl
measuring cup & spoons
strainer
oven mitt
cooking oil
salt & pepper

ALLERGENS

- T TREE NUTS (cashews, coconut)
- S SOY

Wash and dry fresh produce. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 COOK RICE

- Preheat oven to 425 degrees.
- Bring 1 cup water, **vegetable stock concentrate**, and about ¼ teaspoon salt to a boil in a small pot. Stir in **jasmine rice**. Return to a boil, then reduce heat to medium low. Cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water has absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork. (You'll finish the rice in Step 5.)

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

- Strain and rinse **kidney beans**.
- Remove and discard any thick center stems from **collard greens**. Roll leaves into a large "cigar" and slice across into ribbons, about ¼ inch wide.
- Roughly chop **pineapple** (reserve any juice in pouch).
- De-stem **mint**; finely chop leaves.
- Roughly chop **roasted cashews** if necessary.

3 ROAST CARROTS & BEANS

- Place **rainbow carrots*** and **beans** in a large bowl. Drizzle with about 2 tablespoons cooking oil. Season with **jerk spice blend** and about ¼ teaspoon salt. Stir to coat.
- Spread **carrots and beans** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 12-14 minutes, or until carrots are fork-tender, stirring halfway through.

**The ingredient you received may be a different color.*

4 MESSAGE COLLARDS

- Place **collards** in bowl used for carrots and beans. Drizzle with 1-2 tablespoons of the **pineapple-sunflower seed dressing**. Lightly season with salt. Massage until leaves soften.

5 MAKE FRIED RICE

- Heat about 1½ tablespoons cooking oil in a large nonstick pan over medium heat. Add **pineapple** (with any reserved juice), **yellow onions and ginger**, and **gluten-free tamari sauce** to hot pan. Cook 3-4 minutes, or until onions begin to soften, stirring occasionally.
- Transfer **rice** to pan. Stir to combine. Cook 1-2 minutes, stirring occasionally.
- Remove from heat. Add about half of the **mint**. Stir to combine. Season with salt and pepper to taste.*

**Taste the fried rice after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious final product.*

6 PLATE YOUR DISH

- Divide **collards** between bowls. Top with **Jamaican fried rice** and **roasted carrots and beans**. Drizzle with remaining **pineapple-sunflower seed dressing** to taste. Garnish with **cashews** and remaining **mint**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (520g)

Amount per serving

Calories 870

	% Daily Value*
Total Fat 47g	60%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1530mg	67%
Total Carbohydrate 97g	35%
Dietary Fiber 12g	43%
Total Sugars 16g	
Includes 1g Added Sugars	2%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 176mg	15%
Iron 5mg	30%
Potassium 1134mg	25%

* 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:

Kidney Beans [organic kidney beans, water, sea salt, calcium chloride (firming agent)], **Jerk Spice Blend** (Allspice [pimento], Nutmeg, Black Pepper, Dried Thyme, Ground Cayenne Pepper, Sweet Paprika, Coconut Sugar [organic coconut sugar], Granulated Garlic, Dried Ginger), **Jasmine Rice** [jasmine rice], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Pineapple** [pineapple], **Gluten-Free Tamari Sauce** [water, soybeans, salt, sugar, alcohol, vinegar, lactic acid], **Yellow Onions**, **Ginger** [organic ginger, organic cane sugar, organic rice vinegar, citric acid], **Mint**, **Rainbow Carrots**, **Collard Greens**, **Cashews** [cashews, canola and/or peanut and/or sunflower oil], **Pineapple Dressing** (Granulated Garlic, Pineapple Juice [pineapple juice], Sunflower Seeds [sunflower seeds, hulled], Dried Oregano, Sweet Paprika, White Balsamic Vinegar [aged white wine vinegar and must of white grapes], Sea Salt, Black Pepper, Sunflower Oil [high oleic sunflower oil], Water, Ascorbic Acid [ascorbic acid])

Allergen information:

Contains Tree Nuts And Soy

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.

