



**GREEN CHEF**

# JAPANESE VEGETABLE FRITTERS

*Ginger-Sriracha aioli, broccoli, rice with edamame*

**COOK TIME**  
40 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
740

*Okonomiyaki* are at the top of the list when we're craving Japanese comfort food. In this dinner, the crispy, golden, pan-fried fritters — made here with cabbage, carrots, scallions, eggs, and tamari-mirin sauce — are drizzled in our ginger-Sriracha aioli for a creamy, spicy accent. Sautéed broccoli and fluffy jasmine rice, studded with edamame and pickled ginger, make savory complements. Have sesame seeds on hand? Sprinkle some on for a nutty crackle.

**INGREDIENTS (10 ITEMS)**

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

**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**

- <sup>S</sup> SOY
- <sup>E</sup> EGGS
- <sup>W</sup> WHEAT

**COOKING FOR 4** 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 [greenchef.com/faq](http://greenchef.com/faq) 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 **edamame**.
- Roughly chop **pickled ginger**.

*\*Your cabbage may be a different color. Either way, this dish will still be delicious!*

*\*\*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 tender, stirring occasionally.
- Remove from heat. Add remaining **tamari-mirin sauce**. Stir to coat.

## 6 FINISH RICE

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

## 7 PLATE YOUR DISH

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



## Nutrition Facts

2 Servings per container

Serving size

(397g)

Amount per serving

**Calories**

**740**

	% Daily Value*
<b>Total Fat</b> 40g	51%
Saturated Fat 7g	35%
Trans Fat 0g	
<b>Cholesterol</b> 230mg	77%
<b>Sodium</b> 1610mg	70%
<b>Total Carbohydrate</b> 73g	27%
Dietary Fiber 8g	29%
Total Sugars 12g	
Includes 4g Added Sugars	8%
<b>Protein</b> 22g	
Vitamin D 1mcg	6%
Calcium 204mg	15%
Iron 9mg	50%
Potassium 1123mg	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:

**Ginger-Sriracha Aioli** (Mayonnaise [organic expeller pressed soybean oil, water, organic egg yolks, organic whole eggs, organic distilled white vinegar, salt, organic white mustard (organic distilled vinegar, water, organic mustard seeds, salt, organic spices), organic lemon juice concentrate], Sriracha Sauce [organic jalapeno peppers, water, organic sugar, organic distilled vinegar, salt, organic garlic powder, xanthan gum], Lime Juice [lime], Puréed Ginger [organic ginger], Garlic), **Tamari-Mirin Sauce** (Gluten-Free Tamari Sauce [water, soybeans, salt, sugar, alcohol, vinegar, lactic acid], Mirin [organic sweet rice, organic distilled rice wine (water, organic sweet rice, koji seed), organic koji (rice, koji seed), sea salt], Rice Wine Vinegar [rice vinegar, sugar, salt, water], Ascorbic Acid [ascorbic acid]), **Jasmine Rice** [jasmine rice], **Edamame**, **Pickled Ginger** [organic ginger, organic cane sugar, organic rice vinegar, water, salt, citric acid], **Broccoli**, **Eggs**, **Green Cabbage**, **Carrots**, **Scallions**, **All-Purpose Flour** [wheat flour, enzyme added for improved baking, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid]

### Allergen information:

Contains 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.*