



**GREEN
CHEF**

JAPANESE CABBAGE & CARROT FRITTERS

ginger-Sriracha aioli, broccoli, rice with edamame

COOK TIME

40 MIN

SERVINGS

2

CALORIES PER SERVING

780

MENU

VEGETARIAN

Okonomiyaki—savory, cabbage-based fritters—is a popular Japanese street food. While it's typically made with meat or seafood, our chefs have created a veg-loaded version that's sure to satisfy, packed with cabbage, carrots, and scallions, plus a splash of savory-sweet tamari-mirin sauce. After being pan-fried until golden and crisp, the fritters are drizzled with a ginger-Sriracha aioli for a creamy, slightly spicy finish. On the side, you'll find even more veggies: sautéed broccoli and some edamame—and-pickled-ginger-studded rice.

INGREDIENTS (10 ITEMS)

½ cup **Jasmine rice**
3½ oz **Cabbage & carrots**
& 1 oz
2 whole **Scallions**
6 oz **Broccoli**
2¾ oz **Edamame** S
¾ oz **Pickled ginger**
2 medium **Eggs** E
1¾ oz **Tamari-mirin sauce** S
½ cup **Flour** W
1½ 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



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](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

- Bring **jasmine rice**, 1 cup water, and about ¼ teaspoon salt to a boil in a small pot. Stir, then reduce heat to medium low and 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. (You'll finish the rice in Step 6.)

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.**
- Trim and thinly slice **scallions**.
- Cut **broccoli** into bite-size pieces if necessary.
- Roughly chop **edamame**.
- Roughly chop **pickled ginger**.

*The ingredient you received may be a different color.

**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 1½ tablespoons **tamari-mirin sauce**. Whisk to combine. Add ¼ cup **flour** (save the rest for another use), about ¼ teaspoon salt, and about ¼ teaspoon pepper. Stir to combine. Add **cabbage and carrots** and about half the **scallions**. Mix thoroughly to form a cohesive mixture.

4 COOK FRITTERS

- Heat about 1½ 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 browned and crispy.
- Transfer **fritters** to a plate. Cover with foil to keep warm.
- Repeat process with remaining **mixture**, making 4-6 fritters total.

*Use silicone or wooden utensils to avoid scratching your pan.

5 SAUTÉ BROCCOLI

- Heat about 1½ 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 cabbage and carrot fritters** over top. Drizzle with **ginger-Sriracha aioli** to taste. Serve **broccoli** on the side. Garnish with remaining **scallions** and remaining **pickled ginger**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (413g)

Amount per serving

Calories 780

	% Daily Value*
Total Fat 40g	51%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 250mg	83%
Sodium 1520mg	66%
Total Carbohydrate 84g	31%
Dietary Fiber 12g	43%
Total Sugars 11g	
Includes 4g Added Sugars	8%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 216mg	15%
Iron 16mg	90%
Potassium 1511mg	30%

* 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 [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 diluted with water to 4.3% acidity], Ascorbic Acid [ascorbic acid]), **Jasmine Rice** [jasmine rice], **Edamame** [soybean kernels], **Pickled Ginger** [ginger, cane sugar, rice vinegar, water], **Broccoli, Egg, Green Cabbage, Carrots, Scallions, 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.

