



**GREEN
CHEF**

SPICY MUSHROOM STIR-FRY

jasmine rice, broccoli, red bell pepper, carrot, cabbage

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

540

MENU

GLUTEN-FREE

In tonight's 25-minute meal, tender sautéed cremini mushrooms soak up the flavors of umami-rich teriyaki sauce and satisfyingly sweet honey. They're served atop a colorful veggie stir-fry that's seasoned with a chili and ginger blend for a kick of heat. A fluffy bed of jasmine rice adds warm comfort to every bite, while a sprinkle of black and white sesame seeds lends a light nutty crunch throughout.

INGREDIENTS (11 ITEMS)

½ cup	Jasmine rice
¾ oz	Rice wine vinegar
6 oz	Broccoli
1 unit	Red bell pepper
1 whole	Carrot
4 oz	Cremeni mushrooms
1 tsp	Chili & ginger spice rub
4¼ oz	Cabbage
2¾ oz	Gluten-free teriyaki sauce <small>S</small>
½ oz	Honey
1 tsp	Black & white sesame seeds

WHAT YOU'LL NEED

small pot with lid
medium & large sauté pans
measuring cup & spoons
peeler
cooking oil
salt & pepper

ALLERGENS

S SOY



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.

Wash and dry fresh produce. Go to 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. Fluff with a fork. Add **rice wine vinegar**. Stir to combine.

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

- Cut **broccoli** into bite-size pieces if necessary.
- Cut **red bell pepper*** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Cut top off **carrot** and peel. Cut widthwise into rounds, about ¼ inch thick.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Halve or quarter **mushrooms**, depending on size.

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

3 MAKE STIR-FRY

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **broccoli**, **bell pepper**, and **carrot**. Season with **chili and ginger spice rub*** to taste, about ¼ teaspoon salt, and a pinch of pepper. Cook 5-6 minutes, or until broccoli is lightly browned, stirring occasionally.
- Add **cabbage****. Cook 3-4 minutes, or until bell pepper and carrot are tender, stirring occasionally.
- Add about 2 tablespoons of the **gluten-free teriyaki sauce**. Stir to combine. Cook 1-2 minutes, or until sauce is warmed through, stirring occasionally. Season with salt and pepper to taste.***

**If heat sensitive, use chili and ginger spice rub sparingly, or omit entirely.*

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

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

4 START MUSHROOMS

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **mushrooms** to hot pan. Season with about ¼ teaspoon salt and about ¼ teaspoon pepper. Cook 6-7 minutes, or until tender, stirring occasionally.* Remove from heat.

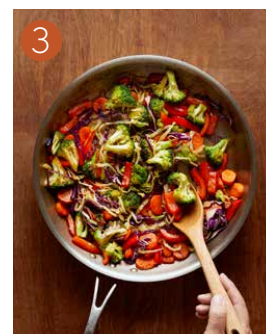
**If the pan seems dry while cooking, add another 1-2 tablespoons cooking oil.*

5 FINISH MUSHROOMS

- Drizzle **honey** and remaining **teriyaki sauce** over **mushrooms**. Stir to coat.

6 PLATE YOUR DISH

- Divide **rice** between plates. Top with **veggie stir-fry**. Serve **honey-glazed mushrooms** (and any remaining sauce from pan) over stir-fry. Garnish with **black and white sesame seeds**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (448g)

Amount per serving

Calories 540

	% Daily Value*
Total Fat 22g	28%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2230mg	97%
Total Carbohydrate 78g	28%
Dietary Fiber 7g	25%
Total Sugars 18g	
Includes 3g Added Sugars	6%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 112mg	8%
Iron 2mg	10%
Potassium 1029mg	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: **Cremini Mushrooms**, **Jasmine Rice** [jasmine rice], **Chili & Ginger Spice Rub** (Dried Ginger, Chili Powder, Sea Salt, Black Pepper), **Honey** [honey], **Gluten-Free Teriyaki Sauce** [water, tamari (water, soybeans, salt, alcohol), cane sugar, apple cider vinegar, ginger, sesame oil, sea salt, tapioca starch, xanthan gum, lemon juice concentrate, garlic, onion, black pepper, red pepper, ginger, citric acid)], **Carrots**, **Bell Peppers**, **Broccoli**, **Green Cabbage**, **Red Cabbage**, **Black & White Sesame Seeds** (White Sesame Seeds [hulled sesame seeds], Black Sesame Seeds [black sesame seeds]), **Rice Wine Vinegar** [rice vinegar diluted with water to 4.3% acidity]

Allergen information:
Contains 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.