

DINNERLY



Mongolian Plant-Based 'Chicken' with Broccoli and Steamed Rice



30 minutes



2 Servings

It's plant power all the way with our super-tasty vegan dishes! Our meat-free, dairy-free, honey-free dishes are amped with plant-based proteins, fresh produce, nuts and seeds. Best of all, they're for everyone, whether you're vegan, vegetarian or flexitarian.

WHAT WE SEND

- 150g jasmine rice
- 1 head broccoli
- 2 spring onions
- 2 garlic cloves
- 40g kecap manis ^{1,2,3,4}
- 200g plant-based chicken-style strips ²
- 10g cornflour ³

WHAT YOU NEED

- 1 tbs soy sauce ²
- 3 tsp sugar
- 1 tsp white vinegar
- 2 tbs vegetable oil

TOOLS

- small saucepan with lid
- medium deep frypan with lid

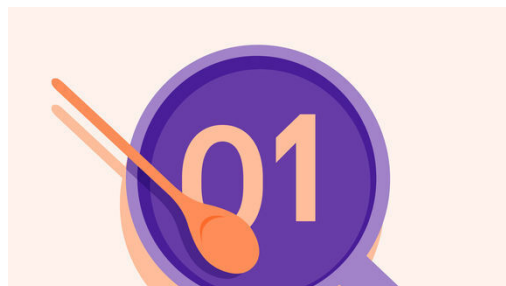
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Soy (2), Sulphites (3), Wheat (4).
May contain traces of other allergens.

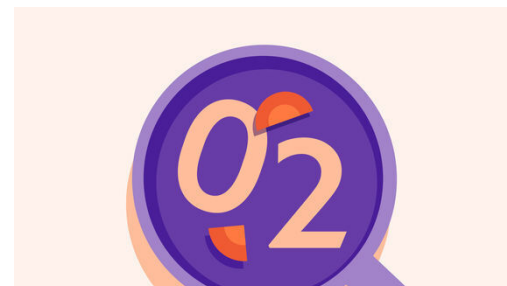
NUTRITION PER SERVING

Energy 655kcal, Fat 22.6g, Carbs 93.1g,
Protein 29.6g



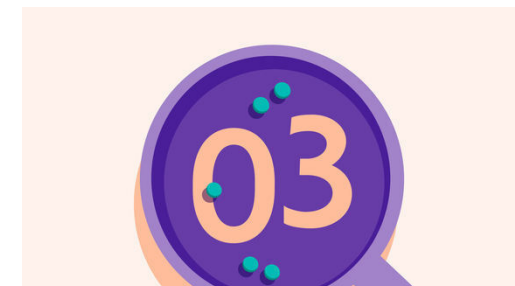
1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins. Fluff the rice with a fork.



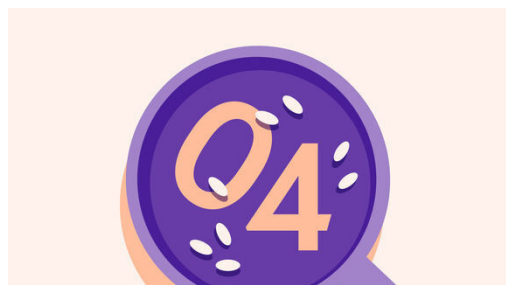
2. Prep ingredients

Meanwhile, thinly slice the **broccoli** stem (see Kitchen 101) and cut the head into small florets. Thinly slice the **spring onions**, keeping the white and green parts separate. Crush or finely chop the **garlic**. Combine the **kecap manis, garlic, 1 tbs soy sauce, 3 tsp sugar** and **1 tsp white vinegar** in a bowl.



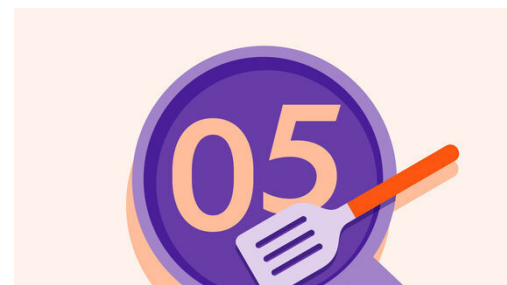
3. Cook chicken-style strips

Put the **chicken-style strips** in a bowl, scatter over the **cornflour**, season with **salt and pepper** and toss to coat. Heat **1½ tbs vegetable oil** in a medium deep frypan over medium-high heat. Stir-fry the chicken-style strips for 3-4 mins until browned. Remove from the pan and wipe the pan clean.



4. Stir-fry veggies

Heat **2 tsp vegetable oil** in the same pan over high heat. Stir-fry the **broccoli** for 1 min, then cover and cook, stirring occasionally, for a further 4 mins or until almost tender. Add the **white part of the spring onion** and **1 tbs water** and stir-fry for 1-2 mins until tender.



5. Serve up

Add the **chicken-style strips** and **kecap manis mixture** to the veggies and stir-fry for 30 secs or until warmed through. Remove the pan from the heat. Taste, then season with **salt and pepper**. Divide the **rice** and **stir-fry** among bowls and scatter over the **remaining spring onion**. Enjoy!



6. Kitchen 101

Poor broccoli stems – they really deserve more love in the kitchen! And they're just as nutritious as the florets. To prepare, first trim the end of the stem and then peel it if it's woody.