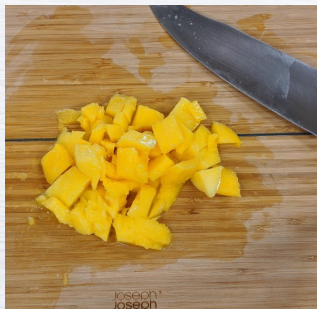
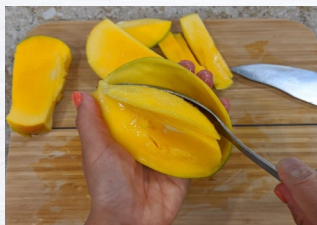




Meal Kit: Thai mango fried rice

Ingredients for 4: 16 oz chicken or beef (if using), 4 green onions, 4-6 leaves Thai basil, 2-4 garlic cloves, knob of ginger, 8 oz cauliflower, 1 medium onion or 1/2 a large, 1 large red bell pepper, 1/2 tsp black pepper, 4 tbsp soy sauce, 4 tbsp sweet Thai chili sauce, 2 tsp rice vinegar, 4 tbsp sesame oil, 3 cups cooked rice, 2 lime, 2 mango

What you'll need: ** at least 4 eggs! (more if you want) a BIG skillet– can be nonstick or not, just pay attention to the heat if you are using an aluminum/steel/metal pan– cutting board, knife, cooking utensil, plate for eggs, bowl/plate for meat if using, grater/zester



1 Let's begin by cutting the mango– Start by placing the mango on the cutting board, stem side down. The "pit" is flat in the center of the mango. Make a cut about 1/4 inch away from the center on each side, to slice around the pit

2 Once removed from the pit, scoop out the mango from the skin with a spoon and then dice with your knife (there will still be some mango "meat" around the pit– slice or scoop it off with a spoon– don't waste it! Place diced mango in a large bowl and set aside

3 Now let's get cookin'... We'll be cooking the eggs first... **if you want to speed up the process, you can cook the eggs in a separate skillet on their own *if you're worried about your eggs sticking to the pan, use a nonstick skillet

4 preheat your skillet over medium-low (for the eggs) and **add just a 1/3 of the oil**

5 swirl the oil around in the pan to coat the bottom

6 crack the eggs into the pan and gently break the yolk....you should be at a nice low sizzle right here

7 cook about 2-3 minutes, just until the eggs are cooked on one side



8 carefully flip your eggs and cook another 1-2 minutes

9 transfer to a plate and set aside.

10 now to cook the meat (if not using, skip to next step) **Add another 1/3 of the oil and the sliced meat, spreading around to make single layer in the pan**

11 let the meat sauté 5 minutes or so...meanwhile, chop up the onion and cauliflower VERY finely— you can use a food processor if you want, but it's not necessary.

12 once the meat is mostly cooked (after about 5-6 min)

13 transfer to a bowl and cover tightly (do this for both beef and chicken). Set aside.

14 now add the last bit of oil to the pan along with the finely chopped cauliflower and onion (temp should still just be at a medium here, nothing too hot)

15 dice up the red bell pepper and toss in the skillet



16 grab the ginger and *very* finely mince OR grate...do the same to the garlic.

17 toss the minced garlic and ginger in the pan and stir. Sauté another 1-2 min. until very fragrant.

18 add in your cooked rice and stir.

19 grab your cooked egg patty and give it a nice chop. Add it to the pan.

20 add in the seasoning cup and stir to combine.

21 as well as the meat (if using)...

22 and the mango you prepped in the beginning (you've come so far!!)

23 now turn off the heat, squeeze in the juice of 1/2 your lime (saving the rest for serving), mince the thai basil and green onion, stirring in half and leaving the rest for garnish — enjoy!!

