



Bacon & Veggie Fried Rice

with Oyster Sauce Greens & Crispy Shallots

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Asian Greens



Green Beans



Sweetcorn



Basmati Rice



Oyster Sauce



Diced Bacon



Soffritto Mix



Sweet Soy Seasoning



Garlic Paste



Coriander



Crispy Shallots



Chicken Breast Strips

Prep in: 20-30 mins
Ready in: 25-35 mins

Eat Me Early*
**Custom Recipe only*

Is there anything better than fried rice? How about fried rice with everyone's favourite - bacon! Elevate your fried rice experience with savoury bacon, fresh veggies, and a dusting of crispy shallots. This much-loved dish just had a make-over!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Sesame Oil, Egg, Soy Sauce

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
Asian greens	1 bunch	2 bunches
green beans	1 bag (100g)	1 bag (200g)
sweetcorn	1 tin	1 tin
basmati rice	1 packet	1 packet
oyster sauce	1 medium packet	1 large packet
sesame oil*	1 tsp	2 tsp
diced bacon	1 packet	2 packets
soffritto mix	1 packet (150g)	1 packet (300g)
egg*	1	2
sweet soy seasoning	1 sachet	2 sachets
garlic paste	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
coriander	½ bag	1 bag
crispy shallots	1 medium packet	1 large packet
chicken breast strips**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3529kJ (843Cal)	637kJ (152Cal)
Protein (g)	30.1g	5.4g
Fat, total (g)	38.5g	6.9g
- saturated (g)	12.4g	2.2g
Carbohydrate (g)	88.6g	16g
- sugars (g)	17.5g	3.2g
Sodium (mg)	2864mg	517mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4277kJ (1022Cal)	599kJ (143Cal)
Protein (g)	62.6g	8.8g
Fat, total (g)	43.7g	6.1g
- saturated (g)	14g	2g
Carbohydrate (g)	89.4g	12.5g
- sugars (g)	18.3g	2.6g
Sodium (mg)	2947mg	413mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



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1



Start the rice

- Boil the kettle. Roughly chop **Asian greens**. Trim **green beans**. Drain **sweetcorn**.
- Half-fill a medium saucepan with boiling water. Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **10 minutes**.
- Drain **rice**, rinse with warm water and set aside.

TIP: The rice will finish cooking in step 3!

3



Finish the rice

- Wipe out the frying pan, then return to high heat with a drizzle of **olive oil**. Cook **diced bacon**, **soffritto mix**, and **corn**, breaking up with a spoon, until golden, **4-5 minutes**.
- Push **bacon** and **veggies** to the side, and crack the **egg** into the pan. Scramble until cooked through, **1 minute**.
- Add **sweet soy seasoning** and **garlic paste** and cook until fragrant, **1 minute**. Add cooked **rice** and the **soy sauce**, stirring, until well combined, **2-3 minutes**.

Custom Recipe: If you've added chicken breast strips, heat a drizzle of olive oil over medium-high heat. Before cooking bacon and veggies, cook chicken strips until browned and cooked through, 3-4 minutes each side. Transfer to a plate and continue with step. Return chicken to pan with cooked rice and the soy sauce.

2



Cook the greens

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **green beans** and **Asian greens**, until tender, **4-5 minutes**.
- Add **oyster sauce**, the **sesame oil** and a splash of water and cook, until slightly reduced, **1 minute**.
- Transfer to a serving plate and cover to keep warm.

4



Serve up

- Divide bacon and veggie fried rice between bowls. Tear over **coriander**.
- Serve with oyster sauce greens. Garnish greens with **crispy shallots**. Enjoy!

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