



Quick Bacon & Green Bean Fried Rice

with Fried Egg & Coriander

NEW

Grab your Meal Kit with this symbol



Green Beans



Sweetcorn



Jasmine Rice



Diced Bacon



Soffritto Mix



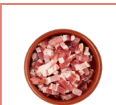
Garlic & Herb Seasoning



Garlic Paste



Coriander



Diced Bacon

Prep in: **15-25 mins**
Ready in: **15-25 mins**

Calorie Smart*
**Custom Recipe is not Calorie Smart*

Put down that takeaway menu and hang up the phone because we have a fuss-free fried rice that you're going to love! Fluffy rice is finished off in a frying pan with an array of colourful veggies, soy flavours, and golden diced bacon. Top it off with a sunny fried egg and you'll never need takeaway again.

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

Pantry items

Olive Oil, Soy Sauce, Eggs

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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 · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
green beans	1 small packet	1 medium packet
sweetcorn	1 medium tin	1 large tin
jasmine rice	1 medium packet	1 large packet
diced bacon	1 medium packet	2 medium packets OR 1 large packet
soffritto mix	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
garlic paste	1 small packet	1 medium packet
soy sauce*	1 tbs	2 tbs
eggs*	2	4
coriander	1 packet	1 packet
diced bacon**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2683kJ (641Cal)	709kJ (169Cal)
Protein (g)	23g	6.1g
Fat, total (g)	23.6g	6.2g
- saturated (g)	6.7g	1.8g
Carbohydrate (g)	79.1g	20.9g
- sugars (g)	13.8g	3.6g
Sodium (mg)	1628mg	430mg
Dietary Fibre (g)	9.4g	2.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3268kJ (781Cal)	763kJ (182Cal)
Protein (g)	30.9g	7.2g
Fat, total (g)	35.8g	8.4g
- saturated (g)	11.2g	2.6g
Carbohydrate (g)	79.1g	18.5g
- sugars (g)	13.8g	3.2g
Sodium (mg)	2027mg	473mg
Dietary fibre (g)	9.4g	2.2g

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



2024 | CW21



Start the rice

- Boil the kettle. Trim and roughly chop **green beans**. Drain **sweetcorn**.
- Half-fill a medium saucepan with boiling water. Add **jasmine rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12 minutes**.
- Drain **rice**, rinse with warm water and set aside.

TIP: The rice will finish cooking in step 3!



Fry the egg

- Meanwhile, in a medium frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, crack the **eggs** into the pan. Cook until egg whites are firm and yolks are cooked to your liking, **4-5 minutes**.



Finish the rice

- Meanwhile, heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **diced bacon**, **soffritto mix**, **green beans** and **corn**, breaking up bacon with a spoon, until golden, **4-5 minutes**.
- Add **garlic & herb 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 doubled your diced bacon, cook bacon as above.



Serve up

- Divide bacon and green bean veggie fried rice between bowls.
- Top with a fried egg.
- Tear over **coriander** to serve. Enjoy!

Rate your recipe

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