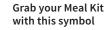


Sweet-Soy Fried Rice & Veggies with Roasted Cashews & Fried Egg

















Baby Broccoli





Sweet Soy Seasoning



Ginger Paste

Coriander



Asian Stir-Fry





Crushed Roasted Cashews



Mayonnaise

Prep in: 25-35 mins Ready in: 30-40 mins

Wait, put down that takeaway menu and hang up the phone because we have a fuss-free fried rice that you're going to love. Give it a try with a fried egg on top of pan-fried veggies, cooked in ginger and a sweet-soy seasoning. When all these flavours combine you won't be needing to order takeaway anymore when you can whip it up yourself.

Pantry items

Olive Oil, Soy Sauce, Eggs

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · Large frying pan · Medium frying pan

Ingredients

| | 2 People | 4 People | |
|-------------------------|-----------------|-----------------|--|
| olive oil* | refer to method | refer to method | |
| basmati rice | 1 packet | 1 packet | |
| garlic | 2 cloves | 4 cloves | |
| onion | 1 (medium) | 1 (large) | |
| capsicum | 1 | 2 | |
| baby broccoli | 1 bag | 1 bag | |
| Asian greens | 1 bunch | 2 bunches | |
| sweet soy seasoning | 1 sachet | 2 sachets | |
| ginger paste | 1 medium packet | 1 large packet | |
| soy sauce* | 1 tbs | 2 tbs | |
| Asian stir-fry sauce | 1 medium packet | 1 large packet | |
| eggs* | 2 | 4 | |
| coriander | 1 bag | 1 bag | |
| crushed roasted cashews | 1 packet | 2 packets | |
| mayonnaise | 1 medium packet | 1 large packet | |

*Pantry Items

Nutrition

| Per Serving | Per 100g |
|-----------------|---|
| 3121kJ (746Cal) | 597kJ (143Cal) |
| 20.8g | 4g |
| 28.9g | 5.5g |
| 5.4g | 1g |
| 96.7g | 18.5g |
| 24.9g | 4.8g |
| 2150mg | 411mg |
| | 3121kJ (746Cal) 20.8g 28.9g 5.4g 96.7g 24.9g |

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.



Start the rice

- · Boil the kettle.
- Half-fill a medium saucepan with boiling water.
- Add basmati rice and a pinch of salt and cook, uncovered, over high heat until almost tender,
 10 minutes. Drain and set aside.

TIP: The rice will continue cooking in step 4!



Get prepped

 Meanwhile, finely chop garlic, onion and capsicum. Cut baby broccoli into thirds. Roughly chop Asian greens.



Cook the veggies

- Heat a large frying pan over high heat with a drizzle of olive oil. Cook baby broccoli, onion and capsicum until softened, 2-3 minutes.
- Add Asian greens and cook until wilted,
 2-3 minutes.



Finish the rice

- Add garlic, sweet soy seasoning, ginger paste, the soy sauce and Asian stir-fry sauce and cook until fragrant and slightly reduced, 2-3 minutes.
- Return **rice** to the pan and stir until combined and warmed through, **3-4 minutes**.



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, 2-3 minutes.



Serve up

- Divide sweet-soy fried rice between plates.
- Top with a fried egg. Tear over **coriander** and garnish with **crushed roasted cashews**.
- Dollop over **mayonnaise** to serve. Enjoy!

