



# Sweet-Soy Fried Rice & Veggies

with Roasted Cashews & Fried Egg

Grab your Meal Kit with this symbol



Basmati Rice



Garlic



Onion



Capsicum



Baby Broccoli



Asian Greens



Sweet Soy Seasoning



Ginger Paste



Asian Stir-Fry Sauce



Coriander



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
<b>olive oil*</b>	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
<b>soy sauce*</b>	1 tbs	2 tbs
Asian stir-fry sauce	1 medium packet	1 large packet
<b>eggs*</b>	2	4
coriander	1 bag	1 bag
crushed roasted cashews	1 packet	2 packets
mayonnaise	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3121kJ (746Cal)	597kJ (143Cal)
Protein (g)	20.8g	4g
Fat, total (g)	28.9g	5.5g
- saturated (g)	5.4g	1g
Carbohydrate (g)	96.7g	18.5g
- sugars (g)	24.9g	4.8g
Sodium (mg)	2150mg	411mg

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

1



## 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!

2



## Get prepped

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

3



## 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**.

4



## 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**.

5



## 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**.

6



## 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!

## We're here to help!

Scan here if you have any questions or concerns  
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