



CHICKEN, BACON & VEGGIE FRIED RICE

with Roasted Cashews



Add nuts to fried rice for texture



Jasmine Rice



Carrot



Garlic



Asian Greens



Bacon



Chicken Thigh



Sweetcorn



Tomato Paste



Spring Onion



Long Red Chilli (Optional)



Lime



Roasted Cashews

Hands-on: **40 mins**
Ready in: **40 mins**

Eat me early

Spicy (optional long red chilli)

Fried rice is one of our year-round favourites, and this is one of our best flavour combinations ever. Not only does it taste great, but it's a real feast of textures, too – from succulent chicken to crunchy roasted cashews.

Pantry Staples: Olive Oil, Eggs, Soy Sauce, Brown Sugar (or Honey), Sesame Oil (Optional)

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
• **medium saucepan** • **large frying pan** with a **lid** (or **foil**)



1 START THE RICE

In a medium saucepan, bring the **water**, **salt** and **jasmine rice** to the boil over a high heat. Reduce the heat to medium and simmer, stirring occasionally, for **10 minutes**, or until the rice is almost tender. Drain and set aside, uncovered. **TIP:** *The rice will continue cooking in step 4.*



2 GET PREPPED

While the rice is cooking, finely chop the **carrot** (unpeeled). **TIP:** *You can grate the carrot if you'd prefer!* Finely chop the **garlic** (or use a garlic press). Roughly chop the **Asian greens**. Cut the **bacon** into 1cm cubes. Cut the **chicken thigh** into 1cm cubes. Drain the **sweetcorn**.



3 COOK THE CHICKEN & BACON

In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. Add the **bacon** and **chicken** and cook, tossing occasionally, for **5 minutes**, or until browned. Add the **carrot** and **corn** and cook for **3-4 minutes**, or until softened. Add a **drizzle** more **olive oil**, the **garlic** and **tomato paste** and cook for **1 minute**, or until fragrant. Add the **Asian greens** and stir through until slightly wilted.



4 MAKE IT A FRIED RICE

Push the meat and veggies to one side of the pan and crack the **eggs** into the other side. Let the egg set for **30 seconds**, then scramble with a wooden spoon and stir through the meat and veg. Add the cooked **rice**, **soy sauce**, **brown sugar** and **sesame oil** (if using). Stir to combine. Season to taste with **salt** and **pepper** and remove from the heat.



5 ADD THE SPRING ONION & CHILLI

Thinly slice the **spring onion** (green and white parts). Thinly slice the **long red chilli** (if using). Slice the **lime** into wedges. Add the spring onion and **1/2** of the long red chilli to the fried rice and stir through. **TIP:** *Some like it hot but if you don't just hold back on the chilli.* Squeeze in the juice from **1/2** the **lime wedges**.



6 SERVE UP

Divide the chicken, bacon and veggie fried rice between bowls. Sprinkle the adult portions with the **roasted cashews** and the remaining long red chilli (if using). Serve the remaining lime wedges on the side.

TIP: *For kids, see our serving suggestion in the main image.*

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
water*	2½ cups
salt*	½ tsp
jasmine rice	2 packets
carrot	2
garlic	3 cloves
Asian greens	1 bunch
bacon	1 packet
chicken thigh	1 small packet
sweetcorn	1 tin (300 g)
tomato paste	1 sachet
eggs*	2
soy sauce*	½ cup
brown sugar* (or honey)	2 tsp
sesame oil* (optional)	2 tsp
spring onion	1 bunch
long red chilli (optional)	1
lime	2
roasted cashews	1 packet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2740kJ (656Cal)	595kJ (142Cal)
Protein (g)	34.3g	7.4g
Fat, total (g)	21.3g	4.6g
- saturated (g)	5.9g	1.3g
Carbohydrate (g)	78.1g	16.9g
- sugars (g)	13.4g	2.9g
Sodium (g)	1820mg	394mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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