



INDONESIAN CHICKEN & VEGGIE FRIED RICE

with Fried Egg



Cook a speedy fried rice



Chicken Thigh



Garlic



Green Beans



Carrot



Tomato



Spring Onions



Lemon



Kecap Manis



Long Red Chilli (Optional)



Basmati Rice

Hands-on: **25** mins
Ready in: **30** mins

Eat me early

Spicy (optional long red chilli)

If fried rice makes you think of broke uni living and sachets of unidentified 'dehydrated vegetables', it's time you experienced the real thing. Tasty mouthfuls of rice packed full of veggies, chicken and topped with a crispy fried egg, this is destined to become a family favourite.

Pantry Staples: Olive Oil, Water, Eggs, Soy Sauce

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, sieve, medium saucepan** with a **lid, fine grater, two large frying pans, foil, wooden spoon, plate** and a **fork**.



1 COOK THE RICE

Rinse the **basmati rice** well. Add the **water (use suggested amount)** to a medium saucepan and bring to the boil. Add the rice, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered for another **10 minutes**, or until the rice is tender and the water is absorbed. **TIP:** *If you have time, spread the cooked rice over a tray and place in the fridge. Cool rice is easier to work with!*



2 GET PREPPED

While the rice is cooking, slice the **chicken thigh** into 1 cm strips. Peel and finely grate the **garlic**. Trim the ends of the **green beans** and chop into 2 cm pieces. Dice the **carrot** (unpeeled). Dice the **tomato**. Finely slice the **spring onion**. Slice the **lemon** into wedges. Finely slice the **long red chilli** (if using).



3 FRY THE EGGS

Heat a **drizzle of olive oil** in a large frying pan over a medium heat. Crack in the **eggs** and cook for **4-5 minutes**, or until the egg white is cooked and the yolk is just firm. Set the pan aside and cover with a lid (or foil) to keep warm.



4 COOK THE CHICKEN

Heat a **drizzle of olive oil** in a large wok or frying pan over a high heat. Add the **chicken strips** (in batches) and cook for **5-6 minutes**, tossing regularly, until golden and cooked through. Season with a **pinch of salt and pepper**. **TIP:** *Cooking the chicken in batches stops it from stewing in the pan. Set aside on a plate.*



5 ADD THE VEGGIES & RICE

Add the **garlic, green beans, carrot, tomato** and **1/2** of the **spring onion** to the same wok or pan and cook for **2 minutes**, or until slightly softened. Return the **chicken strips** to the pan and stir through the **basmati rice, kecap manis** and **soy sauce**. **TIP:** *Fluff the rice with a fork before adding it to the wok. This will stop the grains from clumping together while frying. Squeeze over the juice from **1/2** the lemon wedges.*



6 SERVE UP

Divide the Indonesian chicken and veggie fried rice between bowls and top with the fried egg. Garnish the adults' portion with the remaining spring onion and long red chilli (if using). Serve with the remaining lemon wedges. **TIP:** *Add extra soy sauce to taste.*

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
basmati rice	2 packets (1 1/2 cups)
water*	3 cups
chicken thigh	1 small packet
garlic	2 cloves
green beans	1 packet
carrot	2
tomato	1
spring onion	1 bunch
lemon	1
long red chilli (optional)	1
eggs*	5
kecap manis	1 sachet (50 g)
soy sauce*	2 tbs

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2770kJ (662Cal)	447kJ (107Cal)
Protein (g)	34.2g	5.5g
Fat, total (g)	18.2g	2.9g
- saturated (g)	5.0g	0.8g
Carbohydrate (g)	86.3g	13.9g
- sugars (g)	11.3g	1.8g
Sodium (g)	793mg	128mg

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

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