



# INDONESIAN-STYLE FRIED RICE

with Sesame Fried Eggs



Make sesame fried eggs



Basmati Rice



Vegetable Stock



Capsicum



Sugar Snap Peas



Spring Onion



Garlic



Lime



Carrot



Chilli Flakes (Optional)



Kecap Manis



Crispy Shallots



Roasted Peanut Cashew Mix



Mixed Sesame Seeds

Hands-on: **25-35 mins**  
Ready in: **30-40 mins**  
Spicy (optional chilli flakes)

This rice bowl is absolutely chock-full of veggies and all the delicious notes of the Indonesian classic, nasi goreng. Topped off with a sesame fried egg and crunchy nut mix, easy weeknight dinners have never looked so good.

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



# 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** • **medium frying pan**



## 1 PARCOOK THE RICE

In a medium saucepan, bring the **water** and **basmati rice** to the boil over a high heat. Crumble in the **vegetable stock** (**1 cube for 2 people / 2 cubes for 4 people**). Reduce the heat to medium and simmer, stirring occasionally, until the rice is almost tender, **10 minutes**. Drain and set aside.

**TIP:** The rice will continue cooking in step 4!



## 2 GET PREPPED

While the rice is cooking, thinly slice the **capsicum**. Trim the **sugar snap peas** and cut into thirds. Thinly slice the **spring onion**. Finely chop the **garlic** (or use a garlic press). Zest the **lime** (see ingredients list) to get a **pinch**. Grate the **carrot** (unpeeled).



## 3 COOK THE VEGGIES

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. When the oil is hot, add the **capsicum** and stir-fry until almost tender, **4-5 minutes**. Add the **sugar snap peas** and stir-fry until the capsicum is softened and the sugar snaps are slightly charred, **1-2 minutes**. **TIP:** Charring the veggies gives your dish an extra bit of flavour.



## 4 ADD THE RICE & SAUCE

Add the **garlic**, **lime zest** and a **pinch of chilli flakes** (if using) to the pan with the veggies. Cook, stirring, for **1 minute**. Add the **kecap manis** and **soy sauce** and cook until reduced slightly, **2 minutes**. Add the **rice** and cook, stirring, until tender, **2 minutes**. Remove the pan from the heat and stir through the **grated carrot**, **crispy shallots**, **roasted peanut cashew mix** and a **squeeze of lime juice**.



## 5 FRY THE EGGS

While the rice is cooking, heat a **drizzle of olive oil** in a medium frying pan over a medium-high heat. Add the **mixed sesame seeds** and crack the **eggs** on top. Cook until the egg whites are firm and the yolks are cooked to your liking, **4-5 minutes**.



## 6 SERVE UP

Divide the Indonesian fried rice between bowls and top with the fried eggs and any sesame seeds from the pan. Sprinkle with the spring onion and an extra pinch of chilli flakes (if using).

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water*	1½ cups	3 cups
basmati rice	1 packet	2 packets
vegetable stock	1 cube	2 cubes
capsicum	1	2
sugar snap peas	1 bag (100g)	1 bag (200g)
spring onion	1 bunch	1 bunch
garlic	2 cloves	4 cloves
lime	½	1
carrot	1	2
chilli flakes (optional)	pinch	pinch
kecap manis	1 sachet (75g)	2 sachets (150g)
soy sauce*	1 tbs	2 tbs
crispy shallots	1 packets	2 packets
roasted peanut cashew mix	1 packet	2 packets
mixed sesame seeds	1 sachet	2 sachets
eggs*	2	4

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2970kJ (709Cal)	716kJ (171Cal)
Protein (g)	22.5g	5.4g
Fat, total (g)	20.4g	4.9g
- saturated (g)	4.9g	1.2g
Carbohydrate (g)	103g	24.9g
- sugars (g)	31.4g	7.6g
Sodium (g)	1580mg	382mg

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

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