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Nasi Goreng with Chicken & Spiced Fried Egg

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



Prep: 15 mins

Cook: 25 mins

Total: 40 mins



level 1



eat me
early



spicy

Pantry Items



Water



Olive Oil



Salt-Reduced
Soy Sauce



Eggs



Basmati Rice



Free Range
Chicken Breast



Garlic



Green Beans



Carrot



Roma Tomato



Spring Onion



Kecap Manis



Lemon



Chilli Flakes



Turmeric



Coriander

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| 2P | 4P | Ingredients |
|-----------|-----------|--|
| 1 packet | 2 packets | Basmati rice, rinsed well |
| 3 cups | 6 cups | water * |
| 1 tbs | 2 tbs | olive oil * |
| 2 fillets | 4 fillets | free range chicken breast, sliced into 1 cm strips |
| 2 cloves | 4 cloves | garlic, peeled & crushed |
| 1 bag | 2 bags | green beans, sliced into 2 cm lengths |
| 1 | 2 | carrot, peeled & diced |
| 1 | 2 | roma tomato, chopped into chunks |
| 1 bunch | 2 bunches | spring onions, finely sliced |
| 1 tub | 2 tubs | kecap manis |
| 2 tbs | 4 tbs | salt-reduced soy sauce * |
| 1 | 2 | lemon, sliced into wedges |
| 1 pinch | 2 pinches | chilli flakes |
| 1 pinch | 2 pinches | turmeric (caution: may stain fingers) |
| 2 | 4 | eggs * |
| ½ bunch | 1 bunch | coriander, leaves picked |

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

| | | |
|--------------|------|----|
| Energy | 3520 | Kj |
| Protein | 55 | g |
| Fat, total | 24.1 | g |
| -saturated | 6.1 | g |
| Carbohydrate | 94.7 | g |
| -sugars | 26.4 | g |
| Sodium | 1220 | mg |



You will need: *chef's knife, chopping board, sieve, garlic crusher, vegetable peeler, medium saucepan, large wok or frying pan, large frying pan, aluminium foil, wooden spoon and spatula.*

1 Place the **Basmati rice** and the **water** in a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **10-12 minutes**, or until the rice is soft. Drain. Set aside.



2 Heat half the the **olive oil** in a large wok or frying pan over a high heat. Cook the **chicken breast** for **5-6 minutes**, or until golden and cooked through. Add the **garlic**, **green beans**, **carrot**, **tomato** and half the **spring onion** and cook for a further **2 minutes**, or until slightly softened.

3 Stir through the cooked Basmati rice, **kecap manis**, **salt-reduced soy sauce** and the juice from half the **lemon wedges**.



4 Meanwhile, in a large frying pan heat the remaining olive oil over a medium heat. Sprinkle some of the **chilli flakes** (to taste) and **turmeric** into the oil and then crack **eggs** on top, ensuring they aren't too close together. Cook the eggs for **4-5 minutes**, or until the egg white is cooked and the yolk is just firm. Remove from the heat.



5 To serve, divide the nasi goreng between bowls. Top with the fried egg, remaining spring onion, **coriander** and lemon wedges. Enjoy!

Did you know? "Nasi Goreng" translates to "Fried Rice" in Indonesian.