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
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WK39  
2016



## Nasi Goreng with Chicken & Crispy 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 crispy fried egg, this is destined to become a family favourite.

 **Prep:** 10 mins  
 **Cook:** 20 mins  
 **Total:** 30 mins

 level 1  
 eat me first  
 spicy

### Pantry Items



Water



Olive Oil



Salt Reduced Soy Sauce



Basmati Rice



Eggs



Free Range Chicken Breast



Garlic



Green Beans



Carrot



Tomato



Spring Onions



Kecap Manis



Lemon



Coriander



Long Red Chilli

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## QTY

## Ingredients

2 packets	basmati rice, rinse well	
6 cups	water *	
1 ½ tbs	olive oil *	
5	eggs	
2 fillets	free range chicken breast, sliced into 1 cm strips	
2 cloves	garlic, peeled & crushed	⊕
½ bag	green beans, sliced into 2 cm lengths	⊕
1	carrot, peeled & diced	⊕
1	tomato, chopped into chunks	
1 bunch	spring onions, finely sliced	
2 tbs	kecap manis (recommended amount)	
2 tbs	salt-reduced soy sauce *	
1	lemon, sliced into wedges	
1 bunch	coriander, leaves picked	
1	long red chilli, finely sliced (optional)	

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

## Nutrition per serve

Energy	2630	Kj
Protein	36.2	g
Fat, total	18.7	g
-saturated	4.8	g
Carbohydrate	76.2	g
-sugars	13.7	g
Sodium	689	mg

2



**You will need:** chef's knife, chopping board, sieve, garlic crusher, vegetable peeler, medium saucepan, large frying pan, aluminum foil, large wok, stirring spoon and a 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.

3a



**2** Meanwhile, in a large frying pan heat half the **olive oil** over a medium heat. Crack 5 **eggs** into the pan, 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. Set the pan aside and cover with a lid or some aluminium foil.

3b



**3** Heat the remaining olive oil in a large wok 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. Stir through the basmati rice, **kecap manis, salt-reduced soy sauce** and the juice from half the **lemon wedges**.

4



**4** To serve, divide the Nasi Goreng between bowls. Top with the fried egg, remaining spring onion and **coriander**, lemon wedges and fresh **chilli**, if you like.

**Did you know?** Spring onions are available all year.