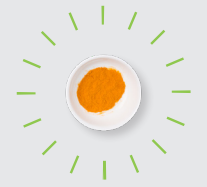




NASI-GORENG STYLE VEGGIE PACKED RICE

with Fried Egg and Cashews



Use turmeric to add colour & flavour to rice



Basmati Rice



Green Beans



Red Capsicum



Carrot



Turmeric



Vegetable Stock



Garlic



Spring Onion



Roasted Cashews



Chilli Flakes (Optional)



Kecap Manis



Lime

Hands-on: **30 mins**
Ready in: **45 mins**
Spicy (optional chilli flakes)

H Low calorie

This rice is absolutely choccas with veggies and all the delicious notes of nasi goreng. Topped off with a fried egg for ultimate yolk porn, easy weeknight suppers have never looked so good.

Pantry Staples: Olive Oil, Soy Sauce, Egg

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, large saucepan with a lid, wooden spoon, garlic crusher, lemon zester, box grater, two large frying pans.**



1 COOK THE RICE

Rinse the **basmati rice** well. Add the **water** (**check ingredients list for the amount**) to a large saucepan and bring to the boil. Add the rice, **tumeric** (**use suggested amount**) and **vegetable stock** cube (**use suggested amount**) and stir to dissolve. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, or until the rice is tender. Remove from the heat, keep covered and rest for **10 minutes**, or until the water is absorbed. **TIP:** *Don't lift the lid while the rice is resting so you don't lose any steam!*



2 GET PREPPED

While the rice is cooking, trim the ends of the **green beans** and chop into thirds. Thinly slice the **red capsicum**. Peel and crush the **garlic**. Zest the **lime** to get a pinch and then slice into wedges. Thinly slice the **spring onion** (keep the green and white parts separate). Grate the **carrot** (unpeeled). **TIP:** *Keep the skin on the carrot to retain its nutrients!*



3 COOK THE VEGGIES

Heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Once hot, add the **green beans** and **red capsicum** and stir-fry for **5-6 minutes**, or until the capsicum is softened and the beans are slightly charred. **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. **TIP:** *Some like it hot but if you don't, just hold back on the chilli.* Stir and cook for **1 minute**. Add the **kecap manis** and **soy sauce** and cook for a further **2 minutes**, then remove from the heat. Fluff up the **rice** with a fork and add to the veggie mixture along with the **spring onion (white parts)**, grated **carrot** and **1/2 of the roasted cashew nuts**. Squeeze over the juice from **1/2 the lime wedges** and stir through.



5 FRY THE EGG

Heat a **drizzle of olive oil** in a medium frying pan over a medium heat. Crack in the **egg** and cook for **4-5 minutes**, or until the egg white is cooked and the yolk is just firm.



6 SERVE UP

Divide the nasi-goreng style veggie packed rice between bowls and top with the fried egg. Sprinkle over the remaining roasted cashews, the spring onion (green part) and an extra pinch of chilli flakes (if using). Serve the remaining lime wedges on the side.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

| | 2P | 4P |
|--------------------------|------------------|---------------------|
| olive oil* | refer to method | refer to method |
| basmati rice | 1 packet (¾ cup) | 2 packets (1½ cups) |
| water* | 1½ cups | 3 cups |
| turmeric | ½ sachet (½ tsp) | 1 sachet (1 tsp) |
| vegetable stock | 1 cube | 2 cubes |
| green beans | 1 bag | 1 bag |
| red capsicum | 1 | 2 |
| garlic | 2 cloves | 4 cloves |
| lime | 1 | 2 |
| spring onion | 1 bunch | 1 bunch |
| carrot | 1 | 2 |
| chilli flakes (optional) | pinch | pinch |
| kecap manis | 1 sachet (2 tbs) | 2 sachets (½ cup) |
| soy sauce* | 1 tbs | 2 tbs |
| roasted cashews | 1 packet | 2 packets |
| egg* | 2 | 4 |

*Pantry Items

| NUTRITION | PER SERVING | PER 100G |
|------------------|-----------------|---------------|
| Energy (kJ) | 2300kJ (549Cal) | 404kJ (96Cal) |
| Protein (g) | 17.5g | 3.1g |
| Fat, total (g) | 11.4g | 2.0g |
| - saturated (g) | 2.5g | 0.4g |
| Carbohydrate (g) | 89.1g | 15.7g |
| - sugars (g) | 22.5g | 4.0g |
| Sodium (g) | 878mg | 154mg |

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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