

Pumpkin, Egg & Snow Pea Stir-Fry

Oooh a sweet and sticky Indonesian pumpkin stir-fry that tastes just like a takeaway meal. When the Asian stir-fry cravings hit, put down the local restaurant menu and reach for this stunner of a recipe! This delicious bowl of goodness can be made and ready to eat in a mere 30 minutes flat.



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



level 1



lactose



spicy

Pantry Items



Water Vegetable











Pumpkin



Birdseye Chilli





Snow Peas







Brown Onion



Kecap Manis

2P	4P	Ingredients	
1 packet	2 packets	Jasmine rice, rinsed well	
3 cups	6 cups	water *	
1/2	1	pumpkin, peeled & cut into 2 cm chunks	
2 tsp	1 tbs	vegetable oil *	
2	4	eggs, lightly whisked	
½ bunch	1 bunch	coriander, leaves picked & stalks finely chopped	
1/2	1	brown onion, thinly sliced	
1 clove	2 cloves	garlic, peeled & crushed	
1	2	birdseye chilli, deseeded & finely chopped	
100 g	200 g	snow peas, trimmed	
1/2	1	lime, juiced	
1 tub	2 tubs	kecap manis	

	Ingredient feature			
	in another recipe			

Pantry Items

Pre-preparation

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Energy	2630	Kj
Protein	19.2	g
Fat, total	11.6	g
-saturated	3.1	g
Carbohydrate	108	g
-sugars	39.6	g
Sodium	865	mg



You will need: sieve, chef's knife, chopping board, vegetable peeler, garlic crusher, mixing bowl, whisk or fork, spatula, medium saucepan, steamer basket, large wok or frying pan and wooden spoon.

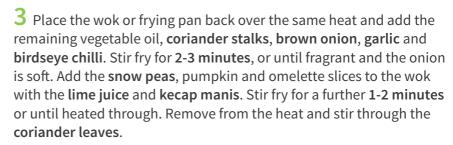


1 Place the Jasmine rice and the water in a medium saucepan and bring to the boil over a high heat. Place a steamer basket over the top of the rice and add the pumpkin. Cook for 4-5 minutes or until just tender. Remove the pumpkin and continue cooking the rice for a total time of 10-12 minutes, or until the rice is soft. Drain.

Tip: If you don't have a steamer basket simply bring a separate saucepan of water to the boil and cook the pumpkin for **3-4 minutes** or until just tender. Drain and add to stir-fry in step 3 as instructed.



2 Heat half of the **vegetable oil** in a large wok or frying pan. Add the **egg** and swirl to coat the base of the wok. Cook for **1-2 minutes** until set and then fold over into an omelette. Slide out of the pan and set aside. Roll the omelette and cut into slices.





4 To serve, divide the rice between bowls and top with the pumpkin and snow pea stir-fry.