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hello@hellofresh.com.au | (02) 8188 8722

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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 free



spicy

Pantry Items



Water



Vegetable Oil



Jasmine Rice



Pumpkin



Eggs



Coriander



Brown Onion



Garlic



Birdseye Chilli



Snow Peas



Lime



Kecap Manis

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2P	4P	Ingredients
1 packet	2 packets	Jasmine rice, rinsed well
3 cups	6 cups	water *
½	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
½	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
½	1	lime, juiced
1 tub	2 tubs	kecap manis

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

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.



3 Place the wok or frying pan back over the same heat and add the remaining vegetable oil, **coriander stalks**, **brown onion**, **garlic** and **birdseye chilli**. Stir fry for **2-3 minutes**, or until fragrant and the onion is soft. Add the **snow peas**, pumpkin and omelette slices to the wok with the **lime juice** and **kecap manis**. Stir fry for a further **1-2 minutes** or until heated through. Remove from the heat and stir through the **coriander leaves**.



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

Did you know? The first chili cook-off took place in 1967 in Terlinga, Texas.