



# Char Siu Veggie Fried Rice

with Fried Egg & Crispy Shallots

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Basmati Rice



Carrot



Green Beans



Asian Greens



Long Chilli (Optional)



Ginger Paste



Char Siu Paste



Crispy Shallots



Coriander



Chicken Breast

Prep in: 25-35 mins  
Ready in: 30-40 mins



Calorie Smart\*

\*Custom recipe is not Calorie Smart



Eat Me Early\*

\*Custom Recipe only

This climate superstar is truly the talk of the town as you'll get all of the much-loved veggie fried rice flavours in a meal that keeps the calories in check. Topped off with a perfect fried egg and crispy shallots for crunch, you'll be experiencing sweet, savoury and salty flavours all in one go!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Soy Sauce, Egg

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
carrot	1	2
green beans	1 small bag	1 medium bag
Asian greens	1 bag	2 bags
long chilli  (optional)	½	1
ginger paste	1 medium packet	1 large packet
char siu paste	1 medium packet	1 large packet
<b>soy sauce*</b>	1 tbs	2 tbs
<b>egg*</b>	2	4
crispy shallots	1 medium packet	2 medium packets
coriander	1 bag	1 bag
chicken breast**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2152kJ (514Cal)	503kJ (120Cal)
Protein (g)	16.6g	3.9g
Fat, total (g)	12.5g	2.9g
- saturated (g)	3.6g	0.8g
Carbohydrate (g)	88.6g	20.7g
- sugars (g)	24.7g	5.8g
Sodium (mg)	843mg	197mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2912kJ (696Cal)	491kJ (117Cal)
Protein (g)	49.8g	8.4g
Fat, total (g)	17.7g	3g
- saturated (g)	5.2g	0.9g
Carbohydrate (g)	88.6g	14.9g
- sugars (g)	24.7g	4.2g
Sodium (mg)	931mg	157mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



## Cook the rice

- Boil the kettle.
- Half-fill a medium saucepan with the boiling water.
- Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until almost tender, **10 minutes**. Drain.

**TIP:** The rice will continue cooking in step 4!



## Cook the fried rice

- Add **drained rice** and **ginger paste** to the pan and cook, stirring, until lightly browned and fragrant, **2-3 minutes**.
- Add **char siu paste** and the **soy sauce**, tossing, until coated, **1-2 minutes**.
- Transfer to a bowl and cover to keep warm.

**Custom Recipe:** Return chicken to the pan along with the char siu paste and cook as above.



## Get prepped

- While the rice is cooking, thinly slice **carrot** into half-moons.
- Trim and halve **green beans**. Roughly chop **Asian greens**.
- Thinly slice **long chilli** (if using).

**Custom Recipe:** If you've added chicken breast, cut chicken into 2cm chunks.



## Fry the egg

- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, crack the **eggs** into the pan. Cook until egg whites are firm and yolks are cooked to your liking, **4-5 minutes**.



## Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **carrot** and **green beans**, tossing, until almost tender, **3-4 minutes**.
- Add **Asian greens** and cook until wilted, **1-2 minutes**.

**Custom Recipe:** Before cooking the veggies, heat pan over high heat with a drizzle of olive oil. When the oil is hot, add chicken and cook, tossing until browned and cooked through (when no longer pink inside), 5-6 minutes. Transfer to a bowl and continue as above.



## Serve up

- Divide char siu veggie fried rice between bowls. Top with fried egg.
- Sprinkle with chilli and **crispy shallots**. Tear over **coriander** to serve. Enjoy!

## Rate your recipe

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