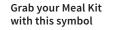


Char Siu Veggie Fried Rice with Fried Egg & Crispy Shallots

CLIMATE SUPERSTAR











Green Beans



Asian Greens



Long Chilli (Optional)



Ginger Paste

Crispy Shallots



Char Siu





Coriander



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

Eat Me Early* *Custom Recipe only *Custom recipe is not

Calorie Smart*

Calorie Smart

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!

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

ingi calcino			
2 People	4 People		
refer to method	refer to method		
1 medium packet	1 large packet		
1	2		
1 small bag	1 medium bag		
1 bag	2 bags		
1/2	1		
1 medium packet	1 large packet		
1 medium packet	1 large packet		
1 tbs	2 tbs		
2	4		
1 medium packet	2 medium packets		
1 bag	1 bag		
1 small packet	1 large packet		
	2 People refer to method 1 medium packet 1 1 small bag 1 bag ½ 1 medium packet 1 medium packet 1 tbs 2 1 medium packet 1 bag		

^{*}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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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!



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.



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.



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.



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.



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!



