



INDONESIAN-STYLE FRIED RICE

with Sesame Fried Eggs



Make sesame
eggs



Basmati Rice



Vegetable Stock



Red Capsicum



Snow Peas



Spring Onion



Garlic



Lime



Carrot



Chilli Flakes
(Optional)



Kecap Manis



Roasted Cashews



Mixed Sesame
Seeds



Crispy Shallots

Hands-on: **25 mins**
Ready in: **30 mins**
Spicy (optional chilli flakes)

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

Pantry Staples: Olive Oil, Soy Sauce, Eggs

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **medium saucepan** • **large frying pan** • **medium frying pan**



1 PARCOOK THE RICE

In a medium saucepan, bring the **water** and **basmati rice** to the boil over a high heat. Crumble in the **vegetable stock** (**1 cube for 2 people / 2 cubes for 4 people**). Reduce the heat to medium and simmer, stirring occasionally, for **10 minutes**, or until the rice is almost tender. Drain and set aside, uncovered.
 🌱 **TIP:** The rice will continue cooking in step 4!



2 PREP THE VEG

While the rice is cooking, thinly slice the **red capsicum**. Trim the **snow peas** and chop into thirds. Thinly slice the **spring onion** (keep the green and white parts separate). Finely chop the **garlic** (or use a garlic press). Zest the **lime** to get a **pinch** then slice in half. Grate the **carrot** (unpeeled).



3 COOK THE VEGGIES

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. When the oil is hot, add the **red capsicum** and stir-fry for **4-5 minutes**, or until almost tender. Add the **snow peas** and stir-fry for **1-2 minutes** or until the capsicum is softened and the snow peas 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. Cook, stirring, for **1 minute**. Add the **kecap manis** and **soy sauce** and cook for a further **2 minutes**, or until reduced slightly. Add the **rice** and cook, stirring, for **2 minutes** or until tender. Remove the pan from the heat and stir through the **spring onion** (white parts), grated **carrot**, **roasted cashews** and a **squeeze of lime juice**.



5 FRY THE EGG

In a medium frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **mixed sesame seeds** and crack the **eggs** on top. Cook for **4-5 minutes**, or until the egg white is cooked and the yolk is just firm.



6 SERVE UP

Divide the Indonesian-style fried rice between bowls and top with the fried egg and any sesame seeds from the pan. Sprinkle with the **crispy shallots**, spring onion (green parts) and an extra pinch of chilli flakes (if using).

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water*	1½ cups	3 cups
basmati rice	1 packet	2 packets
vegetable stock	1 cube	2 cubes
red capsicum	1	2
snow peas	1 bag (100 g)	1 bag (200 g)
spring onion	1 bunch	1 bunch
garlic	2 cloves	4 cloves
lime	1	2
carrot	1	2
chilli flakes (optional)	pinch	pinch
kecap manis	1 sachet (75 g)	2 sachets (150 g)
soy sauce*	1 tbs	2 tbs
roasted cashews	1 packet	2 packets
mixed sesame seeds	1 sachet	2 sachets
eggs*	2	4
crispy shallots	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2990kJ (714Cal)	683kJ (163Cal)
Protein (g)	22.3g	5.1g
Fat, total (g)	19.5g	4.5g
- saturated (g)	5.0g	1.1g
Carbohydrate (g)	107g	24.4g
- sugars (g)	35.0g	8.0g
Sodium (g)	1580mg	361mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

Hello@HelloFresh.co.nz

2019 | WK3

