



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



#### PRODUCT SPOTLIGHT: KIMCHI

Green St Kitchen's kimchi is hand crafted and fermented, with a fresh crunchy texture, mild tang and slightly spicy. Made in WA.



## 3. KIMCHI FRIED RICE

Healthy and home cooked fried rice with kale, kimchi and mushrooms, topped with a sunny fried egg.

 30 Minutes

 2 Servings

#### PER SERVE

| PROTEIN | TOTAL FAT | CARBOHYDRATES |
|---------|-----------|---------------|
| 22g     | 25g       | 64g           |

6 April 2020

## FROM YOUR BOX

|                  |              |
|------------------|--------------|
| BROWN RICE       | 150g         |
| GINGER           | 30g *        |
| SPRING ONIONS    | 2 *          |
| MUSHROOMS        | 100g         |
| KALE             | 1/2 bunch *  |
| FREE RANGE EGGS  | 4            |
| KIMCHI           | 1/2 jar *    |
| SNOW PEA SPROUTS | 1/3 punnet * |

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

sesame oil, soy sauce (or tamari), pepper

## KEY UTENSILS

saucepan, large frypan

## NOTES

The kimchi adds the flavour to this rice, however if you prefer you can use it as a garnish instead!

If you don't like a runny egg you can scramble them instead and fold through the rice.

### Protein upsize add-on - Veggie Paté

Dice paté and stir fry with the vegetables in step 4.



### 1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes, or until tender. Drain and rinse.



### 2. PREPARE THE VEGETABLES

Peel and grate ginger to yield 1/2 tbsp. Slice spring onions, mushrooms and kale leaves.



### 3. COOK THE EGGS

Heat a frypan over medium-high heat with **1 tbsp oil**. Crack eggs into pan and cook to your liking. Remove to a plate.



### 4. COOK THE FRIED RICE

Add **1/2 tbsp sesame oil** to the pan. Cook prepared vegetables for 5-6 minutes until softened. Toss in cooked rice and kimchi. Stir to combine. Season to taste with **soy sauce** and **pepper**.



### 5. FINISH AND PLATE

Divide kimchi fried rice among bowls. Top with fried egg and garnish with snow pea sprouts.

How did the cooking go? We'd love to know - help us by sharing your thoughts!  
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

