



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

 4 Servings

6 April 2020

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
15g	16g	64g

FROM YOUR BOX

BROWN RICE	300g
GINGER	30g *
SPRING ONIONS	1/2 bunch *
MUSHROOMS	100g
KALE	1/2 bunch *
FREE RANGE EGGS	6 pack
KIMCHI	3/4 jar *
SNOW PEA SPROUTS	1/2 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 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 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.

