



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: WATER CHESTNUTS

Water chestnuts bring a nice crunch to Asian-inspired dishes. They're low in calories yet high in fibre, potassium, manganese, copper, vitamin B6 and riboflavin! In other words? We love this simple dinner addition!



## 4. SPECIAL FRIED RICE

### WITH HAM AND CASHEWS

 25 Minutes

 4 Servings

Fried rice is a popular take-away dish, but this version is better — both taste-wise and health-wise! Enjoy with seasonal greens and crunchy cashews.

## FROM YOUR BOX

BROWN RICE	300g
SPRING ONIONS	1/2 bunch *
GINGER	40g *
HAM	1 packet
CARROT	1
CELERY STICKS	2
BABY WOMBOK CABBAGE	1/2 *
WATER CHESTNUTS	1 tin
SNOW PEAS	1/2 packet (125g) *
CASHEW NUTS	1/2 packet (50g) *

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking), pepper, soy sauce, Chinese five spice

## KEY UTENSILS

saucepan, large frypan or wok

## NOTES

Omit the Chinese five spice if it's not your favourite! Add more flavour using sweet chilli sauce at step 5 instead.

For extra protein, scramble a couple of eggs in the side of the pan at step 4 before adding the rice.

**No pork option - ham is replaced with cooked chicken.  
Cook as per recipe.**



### 1. COOK THE RICE

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



### 2. SAUTÉ THE SPRING ONIONS

Heat a large frypan over medium-high heat with **2 tbsp oil**. Slice spring onions and grate ginger. Add to pan as you go along with drained chestnuts. Cook with **2 tsp Chinese five spice** (see notes). Cook for 2-3 minutes.



### 3. ADD HAM & VEGETABLES

Thinly slice and add ham, dice carrot and celery, shred wombok. Add to pan as you go along with drained chestnuts. Cook until softened to your liking (see notes).



### 4. ADD THE RICE

Add rice to pan and season with **2-3 tbsp soy sauce and pepper**.



### 5. FINISH AND PLATE

Trim and slice snow peas, roughly chop cashews.

Serve rice in bowls topped with cashews and snow peas.

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.

