



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: BROWN RICE

Brown rice is high in fibre, vitamins and minerals. Plus, it has a rich, nutty flavour! It's also a bit chewy, making it a perfect match for tender ham and fried veggies like in this delicious dinner.

4. SPECIAL FRIED RICE

WITH HAM AND CASHEWS

 25 Minutes

 2 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	150g
SPRING ONIONS	1/4 bunch *
GINGER	20g *
HAM	1 packet
CARROT	1
RED CAPSICUM	1/2 *
BABY WOMBOK CABBAGE	1/2 *
SNOW PEAS	1/2 packet (75g) *
CASHEW NUTS	1/2 packet (30g) *

* Ingredient also used in another recipe

FROM YOUR PANTRY

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

KEY UTENSILS

saucepan, 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.

Use ham to taste - reserve remaining in the fridge for a sandwich or pasta salad!

**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 with **oil** over medium-high heat. Slice spring onions and grate ginger. Add to pan as you go with **1 tsp Chinese five spice** (see notes). Cook for 2-3 minutes.



3. ADD THE HAM

Thinly slice and add ham, dice carrot and capsicum, shred wombok (use to taste). Add to pan as you go and cook until softened to your liking (see notes).



4. ADD THE RICE

Add rice to pan and season with **1-2 tbs 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.

