



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Free-Range eggs

We only supply local, fresh and free-range eggs in your box — because we believe that happy chickens should have space to roam around and egg-plore the world! We think that's pretty egg-celent...



2 Asian Chicken Rice Bowl

Nutty mixed rice served with aromatic Asian-style chicken mince, boiled free-range egg, and fresh, crunchy toppings!



30 minutes



2 servings



Chicken

8 June 2020

Mix it up!

If you're not a big fan of boiled egg, you can make scrambled eggs instead! Simply scramble with the aromatics in step 4, or scramble separately and serve on the side.

FROM YOUR BOX

MIXED RICE	150g
FREE-RANGE EGGS	3 *
CHICKEN MINCE	300g
SPRING ONIONS	2
GINGER	40g
ASIAN GREENS	2 bulbs
RED CAPSICUM	1/2 *
SNOW PEAS	1/2 packet (75g) *
CRISPY SHALLOTS	1 packet (40g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil (for cooking), pepper, soy sauce, honey, Chinese five spice, chilli sauce (optional, of choice)

KEY UTENSILS

large frypan/wok, saucepan

NOTES

It will take around 7 minutes for a hard-boiled egg. Reduce cooking time to 5-6 minutes for medium boiled, or roughly 4 minutes for a soft and runny result.

We used sesame oil in this dish for extra flavour.

Add 1 crushed garlic clove with the ginger if you have some in your pantry. Use any leftover ginger in this week's Moroccan fish dinner, or freeze for later use.



1. COOK THE RICE

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



2. BOIL THE EGGS

Add the eggs to the pot with rice for the last 7 minutes (see notes). Run under cold water, then peel and halve.



3. COOK THE MINCE

Heat a large frypan or wok with oil over medium-high heat (see notes). Add chicken mince and cook, breaking apart with a spatula, for 3-4 minutes.



4. ADD THE AROMATICS

Slice spring onions (keep some green tops for garnish) and grate ginger to yield 1/2 tbsp (see notes). Add to pan as you go with **1 tsp five spice**. Cook for 2-3 minutes, then slice and add Asian greens. Cook for further 3-4 minutes until greens are wilted. Season with **1/2 - 1 tbsp soy sauce, 1 tsp honey and pepper**.



5. PREPARE THE TOPPINGS

Slice capsicum and snow peas thinly. Arrange on a plate with crispy shallots.



6. FINISH AND PLATE

Divide rice into bowls. Add chicken mince, fresh veggies and egg. Garnish with crispy shallots and reserved spring onion tops. Serve with extra **soy** and your favourite **chilli sauce** (optional).

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

