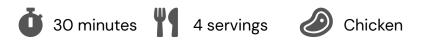


### Product Spotlight: Free-Range eggs

We only supply local, fresh and freerange eggs in your box — because we believe that happy chickens should have space to roam around and eggsplore 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!





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.

8 June 2020

#### FROM YOUR BOX

MIXED RICE	300g
FREE-RANGE EGGS	3 *
CHICKEN MINCE	600g
SPRING ONIONS	1/2 bunch *
GINGER	40g
ASIAN GREENS	1 bunch
RED CAPSICUM	1
SNOW PEAS	1/2 packet (125g) *
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 1-2 cloves of crushed garlic with the ginger if you have some in your pantry.



# **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 (see notes). Add to pan as you go with **2 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 tbsp soy sauce, 2 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

