



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**

