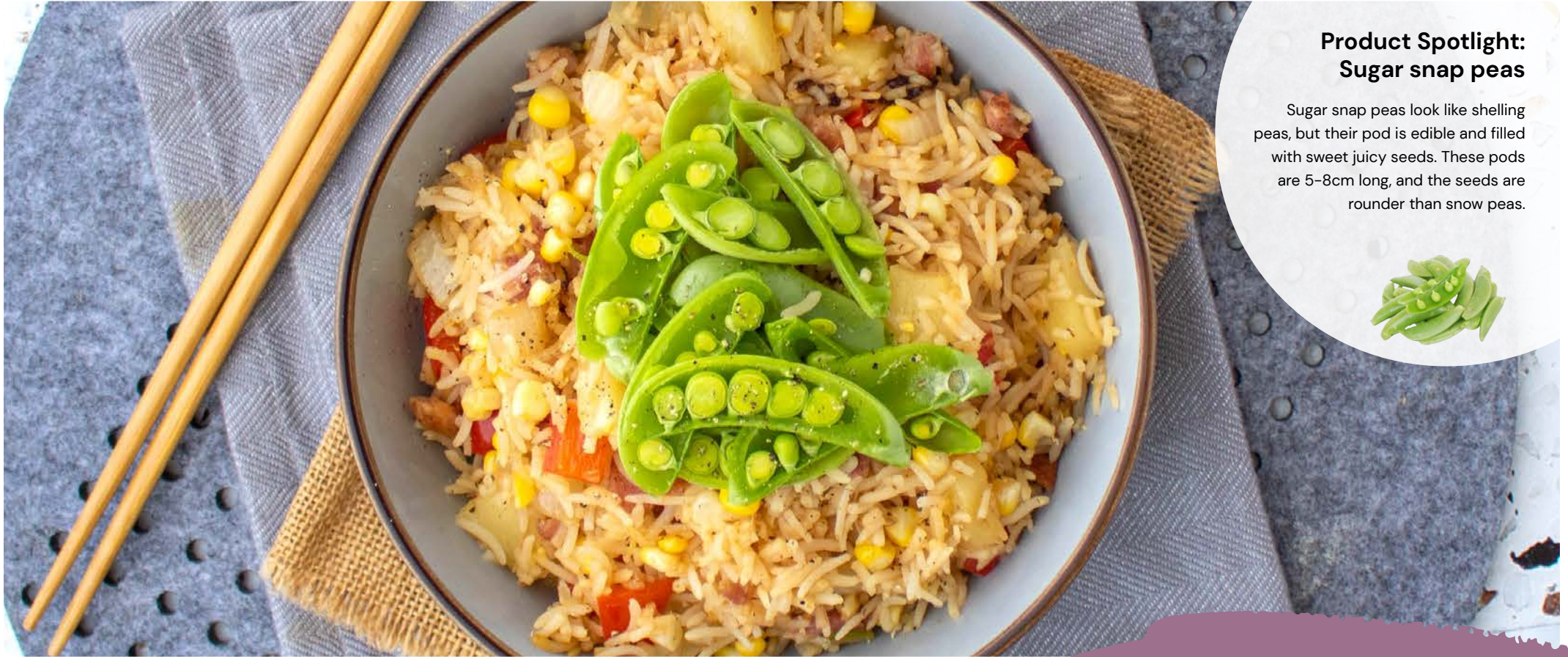




DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Sugar snap peas


Sugar snap peas look like shelling peas, but their pod is edible and filled with sweet juicy seeds. These pods are 5-8cm long, and the seeds are rounder than snow peas.



D2 Hawaiian Rice with Ham

A delicious tropical fried rice with diced ham, pineapple, sweet corn and capsicum all tossed with a ginger soy sauce.

 20 minutes

 2 servings

 Pork

20 May 2022

Switch it up!

Are you cooking for fussy eaters? Make it fun by serving the pineapple and fresh vegetables on the side for everyone to choose their toppings!

FROM YOUR BOX

BASMATI RICE	150g
GINGER	1 piece
PINEAPPLE SLICES	1 tin
BROWN ONION	1
DICED HAM	1 packet (200g)
RED CAPSICUM	1
CORN COB	1
SUGAR SNAP PEAS	1 bag (150g)

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce, tomato sauce

KEY UTENSILS

large frypan or wok, saucepan with lid

NOTES

You can use sesame oil in this dish for added flavour!

Save any leftover pineapple to blend into smoothies or for pizza toppings.



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Cover with a lid, cook on lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. PREPARE THE SAUCE

Peel and grate ginger. Combine with 1/4 cup juice from pineapple tin (set pineapple aside), **1 tbsp tomato sauce**, **1 tbsp soy sauce** and **1 tbsp oil** (see notes). Set aside.



3. COOK ONION AND BACON

Heat a large frypan or wok over medium-high heat with **oil**. Dice and add onion with ham, cook for 3–4 minutes.



4. ADD THE VEGETABLES

Dice capsicum, remove corn kernels from cob and cut pineapple into pieces (use to taste). Add to pan as you go and cook for a further 3–4 minutes.



5. TOSS THE RICE

Add cooked rice to pan along with prepared sauce. Cook, tossing until well combined. Season with **soy sauce** and **pepper** to taste.



6. FINISH AND SERVE

Trim and halve sugar snap peas. Scatter on top of rice and serve at the table.

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**

