



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.



## D4 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

 4 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	300g
GINGER	1 piece
PINEAPPLE SLICES	1 tin
BROWN ONION	1
DICED HAM	1 packet (200g)
CORN COBS	2
RED CAPSICUM	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!



### 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 1/3 cup pineapple juice from tin (set pineapple aside), **1-2 tbsp tomato sauce**, **2 tbsp soy sauce** and **2 tbsp oil** (see notes). Set aside.



### 3. COOK ONION AND HAM

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. 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](mailto:hello@dinnertwist.com.au)

