



DINNER TWIST
LOCAL. HEALTHY. DELIVERED



Product Spotlight: Red Onion

Red onions are milder in flavour compared with brown onions — that's why they're more often used in salads!



2 Chicken Fried Rice

Enjoy this classic takeaway-style dish, packed with veggies, tender free-range WA chicken, and mild kid-friendly seasoning.

 30 minutes

 2 servings

 Chicken

7 May 2021

Bulk it up!

If you're feeding extra people (or just feeling extra hungry), bulk up this meal by adding scrambled/fried eggs, drained chickpeas, or more veggies like bean shoots, carrot, water chestnuts, broccoli or sliced cabbage.

FROM YOUR BOX

BASMATI RICE	150g
RED ONION	2/3 *
GINGER	1 piece
CHICKEN STIR-FRY STRIPS	300g
ZUCCHINI	1/2 *
RED CAPSICUM	1/2 *
ASIAN GREENS	2 bulbs
FRIED SHALLOTS	1 packet (40g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking (see notes), pepper, soy sauce, oyster sauce (or sweet chilli sauce), Chinese five spice

KEY UTENSILS

frypan (or wok), saucepan

NOTES

We used sesame oil for extra flavour,

If preferred, halve and pan-fry Asian greens separately on the side instead.

You can also keep the cooked rice on the side.



1. COOK THE RICE

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



2. COOK THE ONION

Heat a pan with oil over medium–high heat. Dice and add red onion with 1 tbsp grated ginger. Cook for 2–3 minutes then add chicken strips and **1/2 tsp Chinese five spice**. Cook for 5 minutes.



3. ADD THE VEGETABLES

Dice zucchini and capsicum, slice Asian greens (see notes), and add to pan as you go. Cook for 3–4 minutes until just tender.



4. ADD THE RICE

Stir rice through vegetables (see notes) with **1 tbsp soy sauce and 1 tbsp oyster sauce**. Stir well to combine and heat through. Season to taste with **pepper and extra soy**.



5. FINISH AND PLATE

Serve rice in bowls and top with fried shallots.

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

