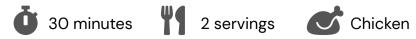


## Product Spotlight: Red Onion

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.





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.

7 May 2021

#### 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

