



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Bean Shoots

Bean shoots are an excellent source of antioxidants, which protect against cell damage and may reduce the risk of cancer and heart disease.



## 4 Chicken Fried Rice

Hide the vegetables!!! This version of fried rice includes broccolini, chopped and mixed through. Lots of goodness when combined with chicken and eggs. Topped with bean shoots and fried shallots for crunch.

 30 minutes

 2 servings

 Chicken

17 December 2021

## Mix it up!

*Not a fan of broccolini? Steam and serve on the side. Clean out your fridge for extra vegetables to add to the rice. Celery, capsicum, corn, almost anything goes!*

## FROM YOUR BOX

BASMATI RICE	150g
BROWN ONION	1
GINGER	1 piece
CARROT	1
BROCCOLINI	1
COOKED CHICKEN BREAST	1 packet
BEAN SHOOTS	1 bag (250g)
FRIED SHALLOTS	1 packet (40g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking (we used sesame oil), pepper, soy sauce, sweet chilli sauce

## KEY UTENSILS

large frypan or wok, saucepan

## NOTES

Fried rice is great with a little bit of chilli if you like things hot. Add some fresh or dried chilli along with the vegetables at step 3.

You can stir half (or all) the bean shoots through rice at step 4.



### 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 VEGETABLES

Slice onion, grate ginger, julienne or dice carrot, chop broccolini. Keep all separate.



### 3. COOK THE VEGETABLES

Heat large frypan or wok over high heat with oil. Add onion, cook for 3–4 minutes until softened. Add remaining vegetables with **1/4 cup water**. Cook for 2–3 minutes, until just tender (see notes).



### 4. ADD THE RICE

Roughly chop chicken and add to frypan along with rice, **1 tbsp soy sauce and 1/2 tbsp sweet chilli sauce**. Toss together well and season with extra **soy and pepper** (see notes).



### 5. FINISH AND SERVE

Serve fried rice into bowls and top with bean shoots and fried shallots. Serve extra **soy and sweet chilli sauce** on the side.

**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**

