



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: SPRING ONIONS

Spring onions are very young onions, harvested before the bulb has had a chance to swell. Both the long, slender green tops and the small white bulb are edible, and are good either raw or cooked.



1. FRIED RICE

WITH SWEET CHILLI CHICKEN

 20 Minutes

 4 Servings

Quick and easy fried rice topped with sliced sweet chilli chicken schnitzels and roasted cashew nuts.

13 April 2020

FROM YOUR BOX

BASMATI RICE	1 tub (300g)
CHICKEN SCHNITZELS	600g
COLESLAW	1 bag (400g)
SPRING ONIONS	1/2 bunch *
GINGER	40g
CASHEW NUTS	1 packet (80g)

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (sesame or other), soy sauce, sweet chilli sauce, garlic (1-2 cloves)

KEY UTENSILS

saucepan, large frypan

NOTES

Use the rice tub to quickly measure up 1.5 x water.

Add 1 tbsp sweet chilli sauce to chicken at the end of the cooking time for extra flavour.

Keep spring onion tops for garnish.



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water (see notes). Cover with a lid, cook on low heat for 10-15 minutes or until water is absorbed and rice tender.



2. COOK THE CHICKEN

Heat a large frypan with **oil** over medium-high heat. Add chicken and cook for 3-4 minutes on each side or until cooked through (see notes). Set aside on a chopping board to cool. Keep pan over medium heat.



3. SAUTÉ THE VEGETABLES

Add coleslaw mix to pan with more **oil** if needed. Slice spring onions (see notes), grate ginger to yield roughly 1 tbsp and crush **1-2 garlic cloves**, add to the pan as you go. Cook, stirring, until softened.



4. SLICE THE CHICKEN

Slice chicken schnitzels.



5. ADD THE SAUCE + RICE

Add **2 tbsp sweet chilli sauce** and **2-3 tbsp soy sauce** (use to taste) to pan and combine well. Stir through cooked rice.



6. FINISH AND PLATE

Place sliced chicken on top and finish with cashew nuts and spring onion tops (optional). Serve at the table.