



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Crispy Fried Shallots


Crispy fried onion is an easy and tasty way to add a little extra salt and crunch to your Asian-style meals!



4 Fried Rice with Ham

A healthier take on the popular take-away favourite! This version's full of WA veggies and real flavours from ginger, garlic and soy sauce.

 25 minutes

 2 servings

 Pork

27 July 2020

Bulk it up!

To bulk up the meal (while also adding a bunch of protein, healthy fats and vitamins), you can scramble 1-2 eggs and stir in with the rice in step 4! Or, simply serve the scrambled egg on the side.

FROM YOUR BOX

BASMATI RICE	150g
SPRING ONIONS	1/4 bunch *
GINGER	40g
GARLIC CLOVE	1
ZUCCHINI	1/2 *
CARROT	1
ASIAN GREENS	2 bulbs
HAM	1 packet (100g)
WATER CHESTNUTS	1 tin
CRISPY FRIED SHALLOTS	1 packet (40g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil (sesame or other), pepper, soy sauce

KEY UTENSILS

saucepan, large frypan or wok

NOTES

Use the rice container to easily measure water.

Freeze any remaining ginger for later use, or add a few slices to your tea!

For extra flavour, add 1/2 tsp Chinese five-spice at step 2 or some sweet chilli sauce at the end.

No pork option - ham is replaced with sliced turkey.



1. COOK THE RICE

Place rice in a saucepan and cover with 1.5 x amount of water (see notes). 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 AROMATICS

Heat a large frypan or wok with **1 tbsp oil** over medium-high heat. Slice spring onions (save some green tops for garnish), grate ginger to yield 1/2 tbsp and crush garlic. Add to pan as you go (see notes). Cook for 2–3 minutes.



3. ADD THE VEGETABLES

Dice zucchini and dice (or grate) carrot. Slice Asian greens and ham. Add to pan as you go with water chestnuts. Cook, stirring occasionally, for 3 minutes.



4. ADD THE RICE

Add rice to the pan and mix well. Season with **pepper and 1–2 tbsp soy sauce**.



5. FINISH AND PLATE

Divide rice among bowls and sprinkle with fried shallots and reserved spring onion tops. Serve with extra **soy sauce**.

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**

