



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**

