



### Product Spotlight: Sugar snap peas

Sugar snap peas look like shelling peas, but their pod is edible and filled with sweet juicy seeds. These pods are 5-8cm long, and the seeds are rounder than snow peas.



## Hawaiian Rice with Ham

A delicious tropical fried rice with ham, pineapple, sweet corn and capsicum all tossed with a ginger-soy sauce.



20 minutes



2 servings



Pork

## Switch it up!

*Are you cooking for fussy eaters? Make it fun by serving the pineapple and fresh vegetables on the side for everyone to choose their toppings!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	17g	18g	102g

## FROM YOUR BOX

BASMATI RICE	150g
GINGER	1 piece
PINEAPPLE PIECES	1 tin
BROWN ONION	1
HAM	1 packet (90g)
RED CAPSICUM	1
CORN COB	1
SUGAR SNAP PEAS	1 bag (150g)

## FROM YOUR PANTRY

oil for cooking, pepper, soy sauce (or tamari), tomato sauce

## KEY UTENSILS

large frypan or wok, saucepan with lid

## NOTES

You can use sesame oil in this dish for added flavour!

Save any leftover pineapple to blend into smoothies or for pizza toppings.



### 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 THE SAUCE

Peel and grate ginger. Combine with 1/4 cup juice from pineapple tin (set pineapple aside), **1 tbsp tomato sauce**, **1 tbsp soy sauce** and **1 tbsp oil** (see notes). Set aside.



### 3. COOK ONION AND BACON

Heat a large frypan or wok over medium-high heat with **oil**. Dice and add onion. Slice and add ham, cook for 3–4 minutes.



### 4. ADD THE VEGETABLES

Dice capsicum, remove corn kernels from cob and drain pineapple (use to taste). Add to pan as you go and cook for a further 3–4 minutes.



### 5. TOSS THE RICE

Add cooked rice to pan along with prepared sauce. Cook, tossing until well combined. Season with **soy sauce** and **pepper** to taste.



### 6. FINISH AND SERVE

Trim and halve sugar snap peas. Scatter on top of rice and serve at the table.



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