




### Product Spotlight: Free-Range Eggs


Did you know you can add crushed eggshells straight to the soil in your garden? As they decompose, they will help add calcium directly to the soil.



## Toasted Coconut Rice Fried Eggs and Red Queen Sauce

Coconut basmati rice served with a vegetable stir-fry and fried free-range eggs topped with Red Queen Sauce, a sweet chilli and native lemongrass sauce from WA local's GH Produce.

 25 minutes

 2 servings

 Vegetarian

1 September 2023

## Switch it up!

*Switch your fried eggs for  
poached, boiled or scrambled!*

Per serve: **PROTEIN** 25g **TOTAL FAT** 38g **CARBOHYDRATES** 52g

## FROM YOUR BOX

BASMATI RICE	150g
TINNED COCONUT MILK	165ml
COCONUT & SESAME SEED MIX	1 packet
ASIAN GREENS	1 bunch
TINNED WATER CHESTNUTS	227g
BEAN SHOOTS	1 bag
FREE-RANGE EGGS	6-pack
RED QUEEN SAUCE	1 bottle

## FROM YOUR PANTRY

oil for cooking, salt, pepper, sesame oil, soy sauce (or tamari)

## KEY UTENSILS

2 frypans, saucepan

## NOTES

To refresh your bean shoots, place them in a large bowl and cover them with water. Keep them refrigerated until you are ready to use them.



### 1. MAKE THE COCONUT RICE

Place rice and coconut milk in a saucepan. Add **1 cup water** and a pinch of **salt**. Cover with a lid and bring to a boil. Reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



### 2. TOAST COCONUT & SESAME

Heat a large frypan over medium–high heat. Add coconut and sesame seed mix and toast in a dry frypan for 2–4 minutes until golden. Remove to a bowl and reserve pan.



### 3. PREPARE THE VEGETABLES

Trim Asian greens. Drain water chestnuts. Set aside bean shoots (see notes).



### 4. STIR-FRY THE VEGETABLES

Reheat reserved frypan over medium–high heat with **sesame oil**. Add Asian greens along with **3 tsp soy sauce**. Stir-fry for 3 minutes. Add bean shoots and chestnuts. Cook for a further minute. Season to taste with **soy sauce** and **pepper**.



### 5. FRY THE EGGS

Heat a second frypan over medium–high heat with **oil**. Crack eggs (use to taste) into pan and cook to your liking.



### 6. FINISH AND SERVE

Divide coconut rice among bowls. Top with stir-fried vegetables and egg. Garnish with toasted coconut and sesame seeds and serve with Red Queen sauce.



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