



Product Spotlight:
Cabbage

Cabbage is a versatile vegetable perfect for stir-fries, shredded in a sandwich, or used in coleslaw!



Japanese Garlic Fried Rice

with Bacon

A delicious garlic fried rice with ramen seasoning, buttery sweet corn, green cabbage and crispy free-range bacon.



25 minutes



2 servings



Pork

Add some extras!

You can stir scrambled eggs through this fried rice for extra protein! Garnish with some fried shallots if you have some.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	16g	20g	85g

FROM YOUR BOX

BASMATI RICE	150g
GINGER	1 piece
RAMEN MARINADE	50ml
SPRING ONIONS	1 bunch
GREEN CABBAGE	1/4
RED CAPSICUM	1
CORN COB	1
FREE-RANGE BACON	1 packet (90g)
GARLIC CLOVE	1
SEAWEEED SNACK	1 packet

FROM YOUR PANTRY

sesame oil, butter, salt, pepper

KEY UTENSILS

large frypan or wok, saucepan

NOTES

The butter adds a lovely sweet and nutty flavour to the fried rice. If preferred, you can leave the butter out and use extra sesame oil instead.

We used ground white pepper to flavour this dish.

You can easily cut the seaweed snack into strips using kitchen scissors.



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1. COOK THE RICE

Place rice in a saucepan, cover with **600ml water**. Bring to a boil. Cover with a lid and reduce to medium-low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. PREPARE THE SAUCE

Peel and grate the ginger. Combine with ramen marinade.



3. PREPARE THE VEGETABLES

Slice spring onions (reserve tops for garnish). Chop cabbage (use to taste) and dice capsicum. Remove corn from cob. Set aside.



4. COOK THE STIR-FRY

Heat a large frypan or wok over medium-high heat with **1/2 tbsp sesame oil** and **1/2 tbsp butter** (see notes). Slice and add bacon along with prepared vegetables. Crush in garlic clove and cook for 6–8 minutes until softened.



5. TOSS THE RICE

Increase heat to high. Toss in rice and prepared sauce. Cook for 2–3 minutes until excess liquid evaporates. Season with **salt and pepper** to taste (see notes).



6. FINISH AND SERVE

Slice seaweed snack (see notes). Garnish fried rice with seaweed snack and spring onions.

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