




**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

 4 servings

 Vegetarian

1 September 2023

Switch it up!

Switch your fried eggs for
poached, boiled or scrambled!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	19g	35g	47g

FROM YOUR BOX

BASMATI RICE	300g
TINNED COCONUT MILK	400ml
COCONUT & SESAME SEED MIX	1 packet
ASIAN GREENS	1 bunch
TINNED WATER CHESTNUTS	227g
BABY CORN	1 packet
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 1/2 cups 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. Halve any large baby corn. Set aside bean shoots (see notes).



4. STIR-FRY THE VEGETABLES

Reheat reserved frypan over medium-high heat with **sesame oil**. Add Asian greens and baby corn along with **1 tbsp 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 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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