



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



4/6 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
	21g	11g	49g

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
GINGER	1 piece	2 pieces
RAMEN MARINADE	100ml	100ml + 50ml
SPRING ONIONS	1 bunch	2 bunches
SHREDDED CABBAGE	250g	2 x 250g
RED CAPSICUM	1	2
CORN COB	1	2
BACON	200g	200g + 100g
GARLIC CLOVES	2	3
SEAWEED SNACK	1 packet	2 packets

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 lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

6P – use **900ml water for the rice**.



2. PREPARE THE SAUCE

Peel and grate the **ginger**. Combine with **ramen marinade**.



3. PREPARE THE VEGETABLES

Slice **spring onions** (reserve tops for garnish) and dice **capsicum**. Remove **corn** from **cob**. Set aside with **shredded cabbage**.



4. COOK THE STIR-FRY

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

6P – use **2 tbsp butter**.



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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