



Product Spotlight: Urban Forager Stocks

Made locally, these little pots of magic are made from organic ingredients and contain no hidden nasties.



Ginger Chicken and Rice with Jammy Eggs

A homely and comforting Asian-style soup flavoured with ginger and soy, served with chicken, boiled eggs, and a rainbow of vegetables.



30 minutes



2 servings



Chicken

Fried Rice!

Cook rice until tender and leave in the fridge un-covered over night. Whisk eggs together and scramble in a frypan.

Remove and add vegetables, stir fry until cooked. Add chicken and cooked rice with soy sauce. Stir fry until warmed through.

Per serve: **PROTEIN** 51g **TOTAL FAT** 17g **CARBOHYDRATES** 91g

FROM YOUR BOX

BROWN ONION	1
GINGER	1 piece
GARLIC	1 clove
ARBORIO RICE	150g
CHICKEN STOCK	1 jar
FREE RANGE EGGS	6-pack
ASIAN GREENS	2 bulbs
PRE-COOKED CHICKEN BREAST	250g
GREEN CAPSICUM	1
CORN COB	1
LEMON	1

FROM YOUR PANTRY

sesame oil, pepper, soy sauce

KEY UTENSILS

2 saucepans, frypan

NOTES

Instead of crushing garlic, peel it and grate using the same grater you used for the ginger!

Boiling eggs for 6 minutes will give you soft, runny yolks. Cook for longer if you prefer firm yolks.

Add the capsicum and corn into the frypan with the greens if you like them cooked.

Add a little sweetness with sweet chilli sauce, or spice with fresh chilli or your favourite chilli oil.



1. COOK THE ONION

Slice onion, peel and grate ginger, and crush garlic (see notes). Heat a large saucepan over medium-high heat with **1 tbsp sesame oil**. Add onion, ginger and garlic and cook for 3-4 minutes. Add rice and mix well.



2. SIMMER THE SOUP

Add stock paste and **1L water** to saucepan. Cover, bring to a boil and simmer for 15 minutes, or until rice is tender.



3. BOIL THE EGGS

Bring a medium saucepan of water to a boil. Add eggs (use to taste) and cook for 6-7 minutes (see notes). Cool under running cold water. Peel and halve.



4. COOK THE GREENS

Heat a frypan over medium-high heat with **sesame oil**. Quarter Asian greens (see notes). Add to pan and cook for 3 minutes, tossing, until just tender. Season with **1 tbsp soy sauce** and **pepper** to taste.



5. SHRED THE CHICKEN

Roughly tear or chop chicken. Add to soup and season with **3 tsp soy sauce**, **2 tsp sesame oil** and **pepper**. Stir to combine.

Slice capsicum, remove corn kernels from cob and wedge lemon.



6. FINISH AND PLATE

Ladle soup into bowls. Top with eggs, Asian greens and fresh vegetables. Serve with lemon wedge, and extra **soy sauce** if desired (see notes).

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