



Product Spotlight: Cashews


Cashews contain more iron than any other nut. Their healthy, heart-friendly monounsaturated fats can help increase the good cholesterol in the blood.




Fried Rice

with Native Five-Spice & Mushrooms

A delicious bowl of fried rice flavoured with a native five-spice blend from GH Produce, made from brown basmati rice, mushrooms and crunchy cashews.

 25 minutes

 2 servings

 Plant-Based

20 January 2023

Bulk it up!

Fried rice is a great chance to clear a few veggies that get forgotten in the fridge. Cabbage, broccoli, carrots or just about anything can be chopped and added!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	17g	15g	41g

FROM YOUR BOX

BROWN BASMATI RICE	150g
CASHEW NUTS	1 packet
SPRING ONIONS	1 bunch
RED CAPSICUM	1
SUGAR SNAP PEAS	1 bag
BUTTON MUSHROOMS	1 packet (150g)
FIVE-SPICE SEASONING	1 packet

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce, 1 clove garlic

KEY UTENSILS

large frypan or wok, saucepan

NOTES

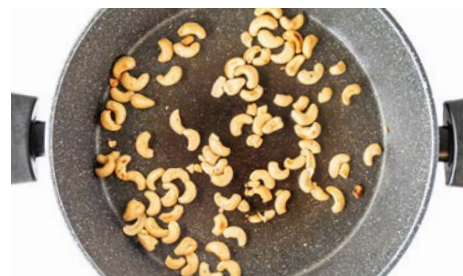
If you are not a fan of five-spice, you can flavour the fried rice with soy sauce, sweet chilli sauce or hoisin sauce instead.

Toss the rice and mushrooms together for serving if you prefer!



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Bring to a boil. Cover with a lid and reduce to lowest heat for 10-15 minutes. Remove from heat and stand for 5 minutes. Stir carefully with a fork.



2. TOAST THE CASHEWS

Heat a large frypan or wok over medium-high heat. Add cashews to toast for 3-4 minutes or until golden. Remove and reserve pan for step 4.



3. PREPARE THE VEGETABLES

Slice spring onions (keep some green tops for garnish), dice capsicum and chop sugar snap peas.



4. COOK THE MUSHROOMS

Re-heat frypan over medium-high heat with **oil**. Slice and add mushrooms, cook for 2 minutes. Add **crushed garlic, 1 tbsp soy sauce** and **pepper**. Cook for a further 1-2 minutes until just tender. Remove from pan, keeping pan over medium heat.



5. TOSS IT TOGETHER

Add remaining prepared vegetables to frypan along with five-spice mix (add more **oil** if needed, see notes). Cook for 3 minutes then toss in rice to combine. Season with **1-2 tbsp soy sauce** and **pepper** to taste.



6. FINISH AND SERVE

Serve five-spice fried rice topped with mushrooms and reserved spring onion green tops (see notes).

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

