

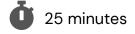




## **Fried Rice**

### 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.







# 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!

TOTAL FAT CARBOHYDRATES

18g

18g

41g

#### FROM YOUR BOX

BROWN BASMATI RICE	300g
CASHEW NUTS	1 packet
SPRING ONIONS	1 bunch
RED CAPSICUM	1
SUGAR SNAP PEAS	1 bag
BABY KING OYSTER MUSHROOMS	1 packet (300g)
FIVE-SPICE SEASONING	1 packet
BEAN SHOOTS	1 bag

#### FROM YOUR PANTRY

oil for cooking, pepper, soy sauce, 2 cloves 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, stand for 5 minutes. Stir carefully with a fork.



#### 2. COOK THE CASHEWS

Heat a large frypan or wok over mediumhigh heat. Add cashews to toast for 3-4 minutes or until golden (see notes). 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. Add mushrooms (halve larger ones) and 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 and bean shoots (reserve some for garnish). Combine and season with 1-2 tbsp soy sauce and pepper.



#### 6. FINISH AND SERVE

Serve five-spice fried rice topped with mushrooms and any reserved bean shoots and spring onion 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 O481 072 599 or send an email to hello@dinnertwist.com.au



