



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Ginger

Store your ginger in the freezer! Peel or scrub first before you store. When needed take out a piece and grate while still frozen, it's actually easier than grating fresh!



M4 Chicken Fried Rice

A much loved takeaway-style dish with tender chicken strips, Asian greens and corn, all tossed with a mild sweet chilli and sesame seasoning.

 25 minutes

 4 servings

 Chicken

March-April 2022

Mix it up!

You can add Chinese five spice to the chicken for more flavour! Garnish the dish with fresh sliced chilli, coriander, peanuts or fried shallots if you have some. You can even add a fried egg on top!

FROM YOUR BOX

BASMATI RICE	300g
SPRING ONIONS	1 bunch
RED CAPSICUM	1
ASIAN GREENS	1 bunch
CORN COB	1
GINGER	1 piece
CHICKEN STIR-FRY STRIPS	500g

FROM YOUR PANTRY

sesame oil, soy sauce, sweet chilli sauce

KEY UTENSILS

large frypan or wok, saucepan with lid

NOTES

You can create your own favourite sauce combination with what's in your pantry. Oyster sauce, hoisin sauce, sambal oelek and white pepper work well!



1. COOK THE RICE

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



2. PREPARE THE VEGGIES

Slice spring onions (reserve some green tops for garnish), capsicum and Asian greens. Remove corn from cob and grate ginger.



3. BROWN THE CHICKEN

Heat a large frypan or wok over medium-high heat with **sesame oil**. Add chicken and **1 tbsp soy sauce**. Cook for 5 minutes until golden.



4. ADD THE VEGGIES

Add prepared vegetables to pan and cook for 5 minutes or until softened to your liking.



5. TOSS IN THE RICE

Toss in cooked rice with **2-3 tbsp soy sauce**, **2-3 tbsp sweet chilli sauce** and **1 tbsp sesame oil** (see notes).



6. FINISH AND SERVE

Divide fried rice among bowls. Garnish with spring onion tops.

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**

