



### Product Spotlight: Cashews

The cashew tree originated in Brazil, and large juicy apples with cashew nuts attached to the bottom hang from its branches! Cashews contain more iron than any other nut.



# Tropical Cashew and Pineapple

## Fried Rice

Fragrant jasmine rice stir-fried with veggies, salted and roasted cashews and sweet, tropical pineapple, in a ginger and garlic sauce, served with Thai basil and lime wedges.



30 minutes



2 servings



Plant-Based

## Be prepared!

*Preparation is the key to fried rice and stir fries. For this recipe, you can cook the rice the night before. Follow the recipe instructions to prepare the ingredients which can also be done at any stage before cooking.*

|            |                |                  |                      |
|------------|----------------|------------------|----------------------|
| Per serve: | <b>PROTEIN</b> | <b>TOTAL FAT</b> | <b>CARBOHYDRATES</b> |
|            | 13g            | 18g              | 72g                  |

## FROM YOUR BOX

|                        |          |
|------------------------|----------|
| JASMINE RICE           | 150g     |
| SPRING ONIONS          | 1 bunch  |
| BUTTON MUSHROOMS       | 150g     |
| RED CAPSICUM           | 1        |
| GINGER                 | 1 piece  |
| GARLIC CLOVE           | 1        |
| TINNED PINEAPPLE       | 225g     |
| LIME                   | 1        |
| SALTED ROASTED CASHEWS | 60g      |
| THAI BASIL             | 1 packet |

## FROM YOUR PANTRY

oil for cooking, pepper, soy sauce (or tamari),  
curry powder

## KEY UTENSILS

large frypan or wok, saucepan

## NOTES

Once cooked, allow rice to cool. You can do this by leaving the lid off the saucepan, spreading rice out on a plate or oven tray, or by cooking the rice the day before and refrigerating.

To quickly chop mushrooms, place them in a blender or small food processor.

Use coconut oil for extra flavour. If you like a really full flavour; cook mushrooms on high heat to get deep colouration on them.



### 1. COOK THE RICE

Place **rice** in a saucepan, cover with **270ml water**. Bring to a boil. Cover with a lid and reduce to medium-low heat for 10–15 minutes. Remove from heat, uncover and stand for 5 minutes. Stir carefully with a fork and leave to sit with lid off (see notes).



### 2. PREPARE THE INGREDIENTS

Thinly slice **spring onion**, finely chop **mushrooms** (see notes), dice **capsicum**, peel and grate **ginger**, and crush **garlic**. Reserve **3 tsp liquid** from pineapple, drain remaining and chop **pineapple** as necessary.



### 3. MAKE THE SAUCE

Add reserved **pineapple liquid** to a bowl along with **lime zest** (wedge lime), **1 1/2 tbsp soy sauce**, **3/4 tbsp water** and **2 tsp curry powder**. Mix to combine.



### 4. STIR-FRY THE VEGETABLES

Heat a large frypan or wok over medium-high heat with **oil** (see notes). Add **onion**, **garlic**, **ginger** and **mushrooms**. Cook for 5 minutes until **mushrooms** are browned. Add **capsicum** and **cashews**. Stir-fry for a further 2 minutes.



### 5. ADD RICE & SAUCE

Add cooked **rice**, **pineapple** and **prepared sauce** to the pan. Stir-fry, stirring occasionally, for 3–5 minutes until combined. Season to taste with **soy sauce** and **pepper**.



### 6. FINISH AND SERVE

Divide **fried rice** among bowls. Garnish with thinly sliced **spring onion green tops** and **basil**. Serve with **lime wedges**.

**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**

