





## **Tropical Cashew and Pineapple**

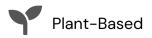
## **Fried Rice**

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.





2 servings



# 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.

TOTAL FAT CARBOHYDRATES

86g

13g

#### 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), 11/2 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 mediumhigh 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 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.

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