



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



4 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:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	13g	15g	63g

FROM YOUR BOX

JASMINE RICE	300g
SPRING ONIONS	1 bunch
BUTTON MUSHROOMS	300g
RED CAPSICUM	1
GINGER	1 piece
GARLIC CLOVES	2
TINNED PINEAPPLE	225g
LIME	1
SALTED ROASTED CASHEWS	100g
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 **550ml 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 **1 tbsp 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), **2 1/2 tbsp soy sauce**, **1 tbsp water** and **3 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**.

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