



Product Spotlight: Cashews

The cashew tree originated in Brazil, and large juicy apples with cashew nuts attached to the bottom hang from its branches!



Tropical Cashew and Pineapple

Fried Rice

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



30 minutes



4/6 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
	15g	12g	105g

FROM YOUR BOX

	4 PERSON	6 PERSON
JASMINE RICE	300g	300g + 150g
SPRING ONIONS	1 bunch	2 bunches
BUTTON MUSHROOMS	300g	2 x 300g
RED CAPSICUM	1	2
GINGER	1 piece	1 piece
GARLIC CLOVES	2	2
TINNED PINEAPPLE	225g	2 x 225g
RED QUEEN SAUCE	1 jar	1 jar
SALTED ROASTED CASHEWS	100g	100g + 60g
LIME	1	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce (or tamari), ground turmeric

KEY UTENSILS

large frypan or wok, saucepan

NOTES

To quickly chop mushrooms, place them in a blender or small food processor. Alternatively, slice them or leave them a little chunkier if you prefer!

Use coconut or sesame 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.

6P – use 825ml water for the rice.



2. PREPARE THE INGREDIENTS

Slice **spring onions**, chop **mushrooms** (see notes) and dice **capsicum**. Peel and grate **ginger**, crush **garlic**. Drain **pineapple**, reserving **juice**. Keep separate.



3. MAKE THE SAUCE

Combine **red queen sauce** with **1 tbsp reserved pineapple juice**, **2 1/2 tbsp soy sauce** and **1/2 tsp turmeric**.

6P – use 2 tbsp pineapple juice and 3 tbsp soy sauce.



4. STIR-FRY THE VEGETABLES

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



5. ADD RICE & SAUCE

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



6. FINISH AND SERVE

Cut **lime** into wedges.

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

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