



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Spring Onions

Spring onions are very young onions, harvested before the bulb has had a chance to swell. Both the long, slender green tops and the small white bulb are edible, and are good either raw or cooked.



2 Tropical Jackfruit with Fried Rice

Jackfruit and vegetables stir-fried with brown basmati rice and a tangy sauce.



30 minutes



2 servings



Plant-Based

29 October 2021

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	15g	12g	70g

FROM YOUR BOX

BROWN BASMATI RICE	1 packet (150g)
RED CAPSICUM	1
SPRING ONIONS	1/3 bunch *
TINNED PINEAPPLE	225g
BARBECUE SAUCE	2 tbsp
ASIAN GREENS	2 bulbs
SUGAR SNAP PEAS	1/2 bag (75g) *
JACKFRUIT	1 packet (300g)
SEED MIX	1 packet (40g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

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

KEY UTENSILS

2 frypans, saucepan

NOTES

The seed mix is made of hemp seeds and sunflower seeds.

Wash Asian greens well to remove any sand and soil from the bulb area.

This jackfruit does have some heat to it. Instead of adding it to your fried-rice, you can pan-fry it separately and use it as a topping.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 10–15 minutes. Drain and rinse.



2. PREPARE INGREDIENTS

Dice capsicum and spring onions (reserve some green tops for garnish). Drain pineapple (reserve juice) and break into pieces.



3. MIX THE SAUCE

Combine 2 tbsp barbecue sauce, reserved pineapple juice and **1 tbsp soy sauce**. Season with **pepper**.



4. COOK THE GREENS

Heat a frypan over medium-high heat with **oil**. Quarter Asian greens (see notes) and add to pan. Cook for 2–3 minutes each side. Trim and slice the sugar snap peas and cook for last minute. Season with **soy sauce and pepper**.



5. COOK THE INGREDIENTS

Heat a second frypan over medium-high heat with **oil**. Add prepared ingredients, jackfruit (see notes), and seed mix to pan. Cook, stirring, for 3–5 minutes or until capsicum is tender. Add the rice and 1/2 the sauce, cook for a further 2 minutes, stirring.



6. FINISH AND SERVE

Divide rice among shallow bowls. Top with greens. Serve with reserved sauce.

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**

