




Product Spotlight: Kimchi


Foley's vegan kimchi is bursting with veggies & Tasmanian Wakame Seaweed. Probiotic-rich and full of vitamins A, C, B1, B2, calcium & iron, to help your gut digest food faster.



2 Chinese Five Spice Fried Rice

Nutty brown rice stir-fried in a Chinese five spice and hoisin sauce, with mushroom patties and zingy kimchi.

 30 mins

 4 servings

 Plant-Based

25 June 2021

Make burgers instead!

Save the brown rice for another dish and turn the remaining ingredients into burgers. Cook the patties and vegetables following the instructions, then, to assemble, mix the sauce with 1 tbsp vegan mayonnaise, slather in both sides of a burger bun, top with patty, cooked vegetables and kimchi.

Per serve: **PROTEIN** 11g **TOTAL FAT** 8g **CARBOHYDRATES** 68g

FROM YOUR BOX

BROWN RICE	300g
MUSHROOM PATTIES	2x2 pack
BROWN ONION	1
KALE	1/2 bunch *
KIMCHI	1 jar

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, pepper, hoisin sauce, soy sauce, Chinese five spice

KEY UTENSILS

large frypan, saucepan

NOTES

Cook in batches if necessary.

We used sesame oil for extra flavour.

You could garnish with some shredded seaweed, toasted sesame seeds, and thinly sliced spring onion green-ends.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes or until tender. Drain and rinse.



2. PREPARE THE SAUCE

In a bowl whisk together **1 1/2 tbsp hoisin sauce, 1 1/2 tbsp soy sauce, 1 tsp Chinese five spice and pepper.**



3. COOK THE PATTIES

Heat a frypan over medium–high heat with **oil**. Add the patties and cook for 2–3 minutes each side until golden brown (see notes). Set aside.



4. COOK THE VEGETABLES

Re-heat the pan with **oil** (see notes). Thinly slice the onion, remove kale leaves from stalks and roughly tear, add to pan as you go. Cook stirring for 2–3 minutes.



5. STIR-FRY THE RICE

Pour the cooked rice into the pan with the prepared sauce and kimchi. Stir-fry for 4–6 minutes.



6. FINISH AND PLATE

Spoon fried rice among shallow bowls top with mushroom patty (see notes).

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**

