



Product Spotlight: Asian Greens

Asian greens are a true nutritional powerhouse! This Chinese vegetable is a great source of vitamin C which helps to shield the body from free radicals and vitamin A which is essential for a properly functioning immune system.



Baked Egg Nasi Goreng

All the beautiful, tropical flavours of nasi goreng, baked in a one-dish wonder! This baked egg version is warmed up, perfect for transitional seasons, with crispy rice edges, full flavour, fresh toppings and a crunchy roasted peanuts and shallot garnish.



30 minutes



4 servings



Vegetarian

Spice it up!

To spice it up, serve this dish with your favourite hot sauce, a sprinkle of dried chilli flakes, slices of fresh red chilli or sambal oelek for a traditional hit of spice!

Per serve: **PROTEIN** 18g **TOTAL FAT** 17g **CARBOHYDRATES** 74g

FROM YOUR BOX

SPRING ONIONS	1 bunch
ASIAN GREENS	3 bulbs
BASMATI RICE	300g
ISLAND CURRY SPICE MIX	1 packet
TOMATOES	2
LEBANESE CUCUMBERS	2
FREE-RANGE EGGS	6-pack
LIME	1
PEANUT + FRIED SHALLOT MIX	1 packet

FROM YOUR PANTRY

sesame oil, soy sauce (or tamari), sweet chilli sauce

KEY UTENSILS

oven-proof frypan

NOTES

If you don't have an oven-proof frypan, transfer the mixture to an oven dish before baking. Cover with a lid, foil or oven tray to bake.

Wash the rice thoroughly with running cold water before adding.

Baking the eggs for 5 minutes will give you soft, runny yolks. Bake for longer if you prefer firm yolks.



1. STIR-FRY THE VEG

Set oven to 220°C.

Heat an oven-proof frypan (see notes) over medium-high heat with **sesame oil**. Thinly slice **spring onions** (reserve some green tops for step 3) and **Asian greens**. Add to pan as you go and stir-fry for 3 minutes.



2. ADD RICE AND BAKE

Add rice (see notes), **spice mix**, **600ml water**, **1 tbsp soy sauce** and **1 1/2 tbsp sweet chilli sauce** to pan. Stir to combine and cover. Bake for 20 minutes until rice is tender.



3. PREPARE THE TOPPINGS

Wedge **tomato** and crescent **cucumber**. Thinly slice spring onion green tops.



4. ADD THE EGGS

Remove pan from oven and remove cover. Make small wells in rice for eggs to sit in. Crack **eggs** onto baked rice. Return to oven to bake, uncovered, for a further 5 minutes (see notes).



5. FINISH AND SERVE

Wedge **lime**.

Garnish bake with **peanut and fried shallot** mix and spring onion green tops. Add remaining toppings and serve tableside. Squeeze over lime to taste.



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