

X2



DINNER TWIST  
LOCAL. HEALTHY. DELIVERED



## Chicken Fried Rice

A speedy chicken fried rice with ginger, fresh Asian greens and corn.



20 minutes



2 servings



Chicken

## FROM YOUR BOX

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JASMINE RICE	150g
GINGER	1 piece
CARROT	1
CORN COB	1
ASIAN GREENS	2 bulbs
PRECOOKED CHICKEN BREAST	1 packet

## FROM YOUR PANTRY

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oil for cooking, soy sauce or stir-fry sauce (of choice)

## NOTES

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You can add scrambled egg, bacon, pineapple pieces or any leftover vegetables to the fried rice. Garnish with spring onions or fried shallots if you have some and serve with sambal or fresh chilli!

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## 1. COOK THE RICE

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Place **rice** in a saucepan, cover with **225ml 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.

## 2. PREPARE THE VEGETABLES

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Peel and grate **ginger**. Dice or grate **carrot**. Remove **corn** from cob. Slice **Asian greens**.

**TIP** *Add some curry leaves or grated ginger for an Indian style curry. For a Thai style curry you can use kaffir lime leaves and lemongrass. Use coconut oil for extra fragrance.*

## 3. COOK THE STIR-FRY

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Heat a wok or large pan over high heat with **oil**. Add **prepared vegetables** and cook until tender. Tear or slice **chicken** and add to pan along with **cooked rice**.

**TIP** *Add some crushed garlic if you have some.*

## 4. FINISH AND SERVE

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Add **soy sauce** or seasonings to taste. Toss to combine and serve hot.

**TIP** *We used 2 tbsp soy sauce and 1 tbsp sweet chilli sauce to flavour the rice. You can use oyster sauce, hoisin sauce, curry powder or curry paste as an alternative!*

**This recipe has simplified instructions to help lower your meal cost.**