

X4



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Chicken Fried Rice

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



20 minutes



4 servings



Chicken

FROM YOUR BOX

JASMINE RICE	300g
GINGER	1 piece
CARROTS	1
CORN COBS	2
ASIAN GREENS	1 bunch
PRECOOKED CHICKEN BREAST	1 packet

FROM YOUR PANTRY

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

NOTES

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!

1. COOK THE RICE

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

Peel and grate **ginger**. Dice or grate **carrots**. Remove **corn** from cobs. 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

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

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.