

Webfid00237hero stirfriedvegkecapmanis 45

## Stir-fried Vegetables

with Kecap Manis and Coconut Rice



20-30min



4 Portions

This easy meat-free main is packed with veggies, plus protein-rich eggs and heart-healthy cashews. The Asian sauce mixture brings lots of flavour, and the fluffy coconut rice provides the perfect rich, delicious base.

## What we send

- 1 long red chilli, 3 garlic cloves, ginger, coriander and 2 spring onions
- carrot
- jasmine rice
- sesame oil <sup>11</sup>
- sambal oelek
- sauce mix <sup>1,6,11</sup>
- roasted cashews <sup>15</sup>
- coconut milk
- baby corn
- snow peas

## What you'll require

- eggs <sup>3</sup>
- salt
- soy sauce <sup>6</sup>
- vegetable oil

## Utensils

- Colander
- grater
- medium saucepan
- small saucepan
- wok or deep frying pan

- Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Gluten (1), Egg (3), Soy (6), Sesame (11), Tree Nuts (15). May contain traces of other allergens.

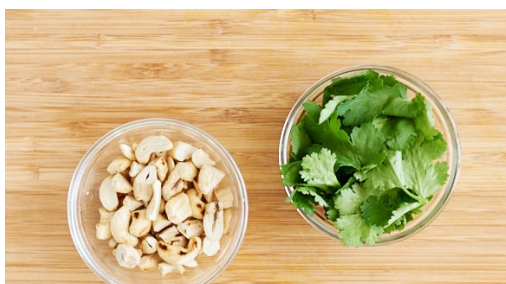
## Nutrition per serving

Energy 700.0kcal, Fat 24.3g, Proteins 18.3g, Carbs 97.1g



### 1. Cook rice

Place **rice**, ½ tsp **salt**, **coconut milk** and 1½ cups (375ml) water in a medium saucepan. Bring to the boil, then reduce heat to lowest setting, cover and cook for 12 mins. Turn off heat and leave to steam, still covered, for a further 8 mins. Do not lift lid at any time during cooking.



### 4. Prepare garnishes

Pick the **coriander** leaves (discard stems) and coarsely chop. Coarsely chop the **cashews**.



### 2. Cook eggs

Meanwhile, cook 2 **eggs** in a small saucepan of simmering water for 7 mins. Rinse under cold water then peel and cut into thin wedges.



### 5. Start stir-fry

Heat 1½ tbs **oil** in a wok or large frypan over medium-high heat. Stir-fry the **garlic**, **ginger** and **spring onion** for 1-2 mins until starting to colour. Add the **carrot** and 2 tsp water and stir-fry for 1 min.



### 3. Prepare veggies

Meanwhile, finely chop the **garlic**. Peel and finely grate the **ginger**. Thinly slice the **spring onions**. Cut the **carrots** into matchsticks. Slice the **snow peas** lengthwise. Drain and rinse the **baby corn**, then halve lengthwise. Thinly slice the **chilli**, deseeding for less heat if desired.



### 6. Finish stir-fry

Add the **sauce mix**, 1 tbs **soy sauce**, **snow peas** and **corn** and stir-fry for 1 min or until vegetables are tender. Fluff up the **coconut rice** with a fork and divide between bowls. Top with the **stir-fried vegetables**, **egg** and **cashews**. Sprinkle over the **coriander** and serve with **chilli** and **sambal oelek** for the parents.