



Thai Fried Brown Rice

with Pineapple and Snow Peas



20-30min



2 Portions

We've made fried rice more nutritious by using brown rice instead of white. Brown rice is high in fibre and replacing white rice with brown in some of your weekly meals is an easy way to get your recommended daily fibre intake (25g/day). It also helps you to control your hunger levels and therefore your weight.

What we send

- Thai sweet chilli sauce
- snow peas
- vegetarian oyster sauce ^{1,6}
- pineapple half
- long red chilli, spring onion, garlic, coriander
- cashew nuts ¹⁵
- roma tomato
- lime
- brown rice

What you'll require

- eggs ³
- salt
- soy sauce ⁶
- vegetable oil

Utensils

- medium saucepan
- paper towel
- sieve
- 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), Tree Nuts (15). May contain traces of other allergens.

Nutrition per serving

Energy 650.0kcal, Fat 20.3g, Proteins 24.8g, Carbs 83.2g



1. Cook rice

Rinse the **rice** in a sieve under running water then place in a medium saucepan with plenty of cold water then bring to the boil. Reduce heat and simmer over medium heat for 25 mins or until the rice is tender. Drain and cool under cold running water. Shake dry and arrange on paper towel to drain.



4. Make omelette

Lightly whisk 2 **eggs** in a bowl with a fork until smooth. Heat 1 tsp **oil** in a wok or large frypan over medium-high heat. Add the egg, swirling the pan to make an omelette and cook for 2-3 mins until just set. Transfer to a board and thinly slice.



2. Prepare ingredients

Meanwhile, finely chop $\frac{3}{4}$ cup of the **pineapple**, discarding the core. Deseed the **tomato** and finely chop. Thinly slice the **snow peas** on the diagonal. Finely chop the **garlic**. Zest and juice the **lime** into a bowl. Add the **vegetarian stir-fry sauce**, 1 tsp **sugar** and 2 tsp **soy sauce**. Stir to dissolve the sugar.



5. Start stir-fry

Heat 1 tsp **oil** in same pan over medium-high heat. Stir-fry **snow peas** for 1 min or until bright green. Add **garlic** and half the **spring onion** and **chilli** and stir-fry for 30 secs or until fragrant. Add **rice** and stir-fry for 2-3 mins until heated through.



3. Prepare garnishes

Pick the **coriander** leaves and finely chop the stems and roots. Thinly slice the **spring onion**. Finely chop the **chilli** (deseed for less heat if you prefer). Coarsely chop the **cashews**.



6. Finish stir-fry

Stir through **pineapple**, **tomato**, **chopped coriander** and **sauce** until well combined. Serve topped with **omelette**, **coriander leaves**, **cashews** and remaining **spring onion**, **chopped chilli** and a drizzle of **sweet chilli sauce**.