

MARLEY SPOON



Stir-Fried Greens

with Egg-Fried Rice



30-40min



2 Portions

Everybody's favourite Chinese side dish gets turned into a main course meal here with the addition of lots of Asian greens. We haven't forgotten the protein and added 2 eggs to this sensational fried rice for substance. Grab your chopsticks and dig in!

What we send

- 2 birds eye chilli, ginger, coriander, 2 garlic cloves, 2 spring onions
- sesame oil ¹¹
- Rice, Basmati
- sauce mix ^{1,5,6}
- kale
- baby bok choy
- choy sum

What you'll require

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

Utensils

- grater
- medium saucepan
- sieve
- wok or deep frying pan
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Egg (3), Peanuts (5), Soy (6), Sesame (11). May contain traces of other allergens.

Nutrition per serving

Energy 640.0kcal, Fat 20.2g, Proteins 21.8g, Carbs 86.6g



1. Cook rice

Rinse the **rice** well. Place in a medium saucepan with 500ml (2 cups) **water** and a pinch of **sea salt**. Bring to the boil, reduce heat to low and cook for 12 mins or until tender and water has absorbed. Turn off the heat and stand, covered, for at least 15 mins, then fluff up with a fork and spread onto a tray to dry out.



4. Stir-fry rice

Heat 2 tsp **vegetable oil** and the **sesame oil** in a wok or large frypan over medium-high heat. Stir-fry the **rice** for 1 min or until heated through. Make a well in the centre and add the **egg mixture** and cook for 1 min or until almost set. Stir the egg through the rice and transfer to a bowl. Cover to keep warm.



2. Prepare egg

Meanwhile, lightly whisk **2 eggs** and 1 tbs **soy sauce** in a bowl with a fork until smooth. Thinly slice the **chilli** (deseed for less heat if you prefer). Coarsely chop the **coriander** including the stems. Add the stems to the egg if desired.



5. Stir-fry greens

Heat 1 tbs **vegetable oil** in the same pan over medium heat. Stir-fry the **garlic** and **ginger** for 30 secs. Add the **choy sum** and stir-fry for 2 mins. Then add the **bok choy** and **spring onion** and stir-fry for 1 min. Add the **kale** and stir-fry for a further 1 min. Add the **sauce mix** and toss to coat for 1 min or until warmed through.



3. Prepare greens

Slice the **garlic**. Peel and grate the **ginger**. Trim and thickly slice the **spring onions**. Trim and cut the **choy sum** into 5cm lengths. Trim and thickly slice the **bok choy**. Discard main vein from **kale** and thinly slice the leaves.



6. Get ready to serve

Stir most of the **chilli** (be careful, chilli is hot) and **coriander** through the **rice** and spoon into bowls. Serve topped with the **greens**. Sprinkle with the remaining chilli and coriander.