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Fried Rice with Prawns and Vegetables



20-30min



4 Portions

Fried rice is a classic Chinese stir-fried side dish, but we've given it a healthier twist and made it the star of the show as a delicious main, with prawns and extra veggies. It's an easy, fun and flavoursome recipe.

What we send

- birds eye chilli, garlic, ginger, coriander
- sweet chilli sauce
- peeled green prawns ²
- carrot
- green beans
- green peas
- jasmine rice

What you'll require

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

Utensils

- baking paper
- medium saucepan
- oven tray

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

Cooking tip

Although fried rice is normally served all mixed up, if you have kids who don't like their food combined, it's easy to cook the elements separately and then serve as your kids like it.

Allergens

Shellfish (2), Egg (3), Soy (6). May contain traces of other allergens.

Nutrition per serving

Energy 600.0kcal, Fat 14.0g, Proteins 31.8g, Carbs 81.2g



1. Cook rice

Place the **rice** and 1½ cups (375ml) water in a medium saucepan and bring to the boil. Cover, reduce heat to low and cook for 12 mins. Turn off heat and set aside, still covered, for 8 mins. Transfer to a baking tray lined with baking paper and fluff up with a fork.



2. Prepare ingredients

Meanwhile, finely chop the **garlic**. Peel and finely grate the **ginger**. Halve the **carrots** lengthwise and thinly slice on the diagonal. Trim the **beans** and cut into 1cm pieces. Coarsely chop the **prawns**.



3. Prepare garnish

Bring a medium saucepan of water to the boil for the veggies. Pick the **coriander** leaves (discard stems). Thinly slice the **chilli**, deseeding if desired.



4. Cook veggies

Cook the **carrots** and **beans** in the pan of boiling water for 2-3 mins until tender. Add the **peas**, then quickly drain. Lightly beat 2 **eggs** in a small bowl with 2 tsp **soy sauce** and 1 tbs **sweet chilli sauce** (optional).



5. Cook prawns

Heat 1 ½ tbs **oil** in a wok over medium heat. Stir-fry the **prawns** for 1-2 mins until pink. Add the **garlic** and **ginger** and cook for 1 min or until fragrant. Remove from the pan and set aside. Heat 2 tsp oil in same pan. Add **egg mixture** to pan and allow to set for 30 secs before stirring. Cook for 1-2 mins until cooked through.



6. Get ready to serve

Sprinkle the **rice** over the **eggs** and add 2 tbs **soy sauce**, **prawns**, **garlic**, **ginger** and **vegetables**. Stir-fry for 1-2 mins to combine and heat through. Divide **fried rice** between bowls and sprinkle with **coriander** and **chilli** for the parents. Serve the remaining **sweet chilli sauce** on the side.