

Webfid00280hero vegetarianfriedrice

Vegetarian Fried Rice with

Omelette Strips and Roasted Peanuts



30-40min



4 Portions

It's hard to beat a good fried rice, but we think we've done it with this virtuous twist on the classic 'naughty' dish. It's still got the rice, omelette and lots of flavour, but we've loaded it with great-for-you veggies and topped it with fresh chilli and sambal oelek for a kick of heat. This is also a great dish to serve as a banquet-style dish - super easy and perfect to impress.

What we send

- coriander, garlic, green chilli
- vegetarian stir-fry sauce ^{1,6}
- carrot
- sambal oelek
- green peas
- jasmine rice
- roasted peanuts ⁵
- broccolini

What you'll require

- eggs ³
- soy sauce ⁶
- vegetable oil

Utensils

- medium saucepan
- oven tray
- sieve

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

Allergens

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

Nutrition per serving

Energy 615.0kcal, Fat 18.9g, Proteins 21.1g, Carbs 84.8g



1. Cook rice

Rinse the **rice** well. Place in a medium saucepan with 320ml water, cover and bring to a simmer over medium heat. 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 5 mins. Transfer to an oven tray and spread out to cool.



4. Start stir-fry

Heat 1 tbs **oil** in the same pan over medium-high heat. Stir-fry the **garlic**, **carrots**, **broccolini stalks** and 2 tbs water for 2 mins. Add **broccolini florets** and stir-fry for 1 min.



2. Prepare ingredients

Finely chop the **garlic**. Dice the **carrots**. Separate the **broccolini** stalks and florets and finely slice the stalks, keeping them separate. Coarsely chop the florets. Coarsely chop the **coriander** leaves and stems. Finely chop the **chilli** (deseed for less heat if you prefer). Coarsely chop the **peanuts**.



5. Finish stir-fry

Mix the **vegetarian stir-fry sauce** with 2 tbs water. Add the **rice**, **peas** and vegetarian stir-fry sauce to the pan and stir-fry for 2-3 mins until well combined and rice is heated through.



3. Make omelette

Place 2 **eggs** and 2 tsp **soy sauce** in a small bowl and whisk with a fork until smooth. Heat 1 tbs **oil** in a wok or large frypan over medium heat. Add **eggs** and swirl to coat the base of the pan. Cook until just set then flip and briefly cook the second side. Transfer to a board and roll up.



6. Get ready to serve

Thinly slice the **omelette**. Divide **rice** between bowls, top with **omelette strips** and **peanuts**. Serve adults' portion scattered with **coriander** and **chilli** and drizzle with **sambal oelek**, if desired.