



## Hainanese Vegetable Rice

with Omelette Strips



30-40min



2 Portions

For a meat-free main you'll want to make time and time again, you can't look past this delicious Hainan-inspired, veggie-packed winner. It has tons of fresh ingredients, all on top fluffy, flavour-packed rice. Enjoy!

## What we send

- Hainanese rice paste <sup>6</sup>
- 1 spring onion, coriander, 1 garlic clove and 1 long red chilli
- carrot
- snow peas
- jasmine rice
- red capsicum
- zucchini
- onion

## What you'll require

- egg <sup>3</sup>
- soy sauce <sup>6</sup>
- vegetable oil
- water

## Utensils

- medium saucepan
- sieve

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

## Allergens

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

## Nutrition per serving

Energy 720.0kcal, Fat 24.2g, Proteins 18.2g, Carbs 100.8g



### 1. Prepare ingredients

Rinse the **rice** well. Finely chop the **onion** and **garlic**. Cut the **capsicum(s)** into 1cm chunks, discarding seeds and membrane. Cut **carrot(s)** into quarters lengthwise, then slice thinly on an angle. Trim **snow peas** and thickly slice on an angle. Cut **zucchini** in half lengthwise, then cut into 5mm-thick half moons.



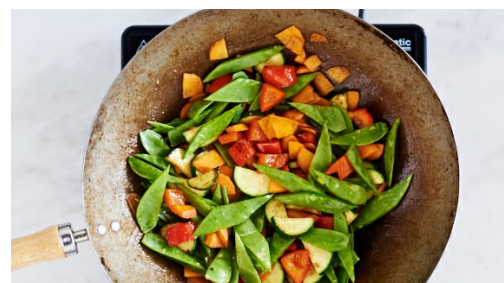
### 4. Prepare garnish

Pick the **coriander** leaves (discard stems) and coarsely chop. Thinly slice the **chilli**, removing the seeds if less heat is desired. Trim and thinly slice the **spring onion**.



### 2. Cook rice

Heat one-third of the **oil** in a saucepan over medium heat. Cook **onion** and **garlic** for 3 mins or until softened. Add **rice**, **half the Hainanese rice paste** and the **water**. Stir well, cover and bring to a simmer over medium heat. Reduce heat to low and cook for 12 mins or until the water has absorbed. Turn off the heat and stand, covered, for at least 5 mins.



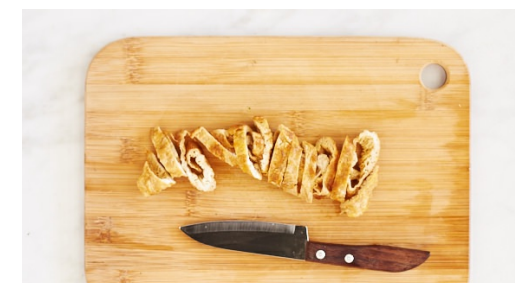
### 5. Cook stir-fry

Heat remaining third of the **oil** in the wok over medium-high heat. Stir-fry the remaining **Hainanese rice paste** and **capsicum** for 2 mins, then add the **carrot** and **zucchini** and stir-fry for 2 mins. Add the **snow peas** and stir-fry for 1 min or until the vegetables are tender. Turn off the heat.



### 3. Make omelette strips

Meanwhile, whisk the **egg(s)** with the **soy sauce** in a small bowl. Heat one-third of the **oil** in a wok over medium-high heat. Add the **egg mixture** and swirl to coat the base of the pan. Cook for 2-3 mins until set. Slide onto a chopping board and set aside to cool.



### 6. Get ready to serve

Roll up the omelette and cut into thin strips. Fluff up the **rice** with a fork and divide among bowls. Top with stir-fried vegetables and omelette strips. Scatter with the **coriander**, **red chilli** and **spring onion** to serve.