



Hainanese Vegetable Rice

with Omelette Strips



30-40min



4 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

- jasmine rice
- Hainanese rice sauce ⁶
- 2 spring onion, coriander, 2 garlic cloves and 1 long red chilli
- snow peas
- onion
- red capsicum
- zucchini
- carrot

What you'll require

- egg ³
- soy sauce ⁶
- 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 620.0kcal, Fat 20.6g, Proteins 17.0g, Carbs 85.4g



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.



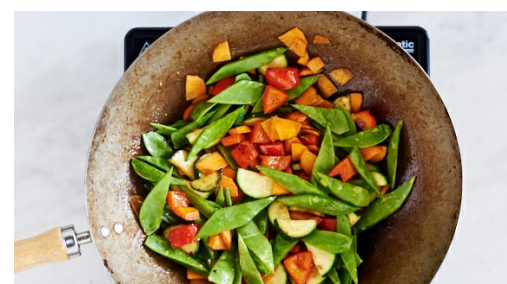
4. Prepare garnish

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 onions**.



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.



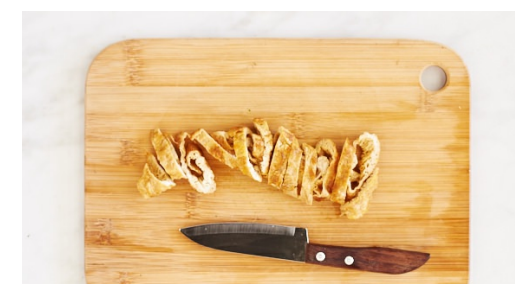
5. Cook stir-fry

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.