

MARLEY SPOON



Brown Rice and Quinoa

Nasi Goreng with Frazzled Eggs



20-30min



2 Portions

Featuring brown rice and quinoa instead of the usual white grains, you'll love this superfood spin on spicy Indonesian and Malaysian fried rice. Rich in fibre and high in protein, this healthy twist also gives the Asian classic a fantastic nutty texture and flavour. Fiery sambal and an authentic topping of crispy fried egg with oozy yolk ensures you're still getting the real deal.

What we send

- coriander and 1 spring onion
- carrot
- Lebanese cucumber
- fried tofu triangles ⁶
- sambal oelek
- lime
- fried shallots
- brown basmati rice and quinoa
- tomato

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- eggs ³
- soy sauce ⁶
- vegetable oil

Utensils

- medium frypan

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

Cooking tip

Our recipes now come in 2 sizes: 2P = 2 portions | 4P = 4 portions. Including coriander stems add texture and flavour to the dish, while eliminating waste.

Allergens

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

Nutrition per serving

Energy 695.0kcal, Fat 39.0g, Proteins 30.8g, Carbs 49.1g



1. Prepare ingredients

Trim and thinly slice the **spring onion(s)**. Peel and quarter the **carrot** lengthwise, then thinly slice on an angle. Coarsely chop the **coriander**, including the stems (see cooking tip), keeping the leaves and the stems separate.



4. Stir-fry tofu

Heat **1 tbs oil** in a wok or large deep frypan over high heat. Stir-fry the **tofu** for 3-4 mins until crisp. Transfer to a bowl, then reduce the heat to medium.



2. Prepare sauce

Juice the **lime** (use half for 2P** see cooking tip). Combine the **lime juice**, **sambal oelek** and **soy sauce** in a bowl.



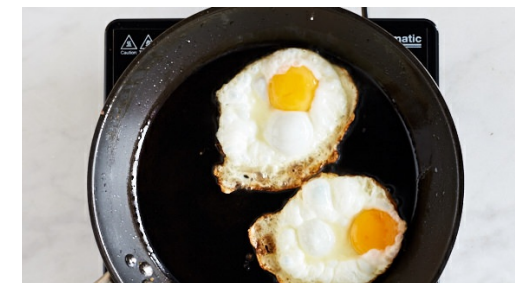
5. Stir-fry rice

Stir-fry the **spring onion** and **carrot** for 1 min, then add the **brown rice and quinoa** and the **sambal sauce**, and stir-fry for a further 3-4 mins until the rice and quinoa is warmed through and the mixture is well combined. Add the **tofu** and the **coriander stems**, and stir to combine. Remove from heat and keep warm.



3. Prepare garnish

Halve the **cucumber** lengthwise, scoop out and discard the seeds, then thinly slice. Cut the **tomato** into small wedges. Set aside.



6. Cook eggs

Heat the **remaining oil** in a medium frypan over high heat. Fry the **eggs** for 1-2 mins (taking care as they will spit) until the whites are crisp and browned around the edges. Divide the fried rice among plates, top with the fried eggs, **cucumber** and **tomato**, and scatter over the **fried shallots** and **coriander leaves** to serve.