

Brown Fried Rice with Pork and Crispy Shallots



20-30min



2 Portions

This crowd-pleasing take on classic fried rice features brown basmati and quinoa in place of white rice, giving it a nuttier flavour and an extra billing of vitamins and minerals. Simply stir-fry with pork mince, green peas, crunchy carrots and water chestnuts, and an irresistible five-spice and honey sauce, then crown with crispy fried shallots.

What we send

- Chinese five spice ^{1,6,17}
- bird's eye chilli, garlic, carrot
- free-range pork mince
- brown basmati rice and quinoa
- green peas
- fried shallots ¹
- fish sauce ⁴
- lime
- water chestnuts
- sesame seeds ¹¹

What you'll require

- egg ³
- Australian honey
- vegetable oil

Utensils

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Egg (3), Fish (4), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens.

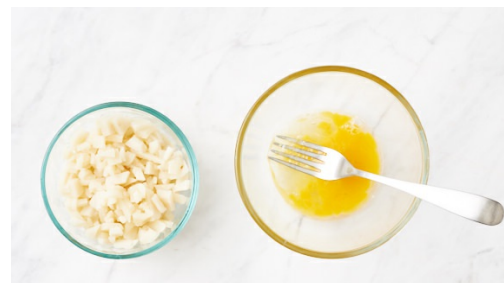
Nutrition per serving

Energy 680kcal, Fat 23.1g, Carbs 67.9g, Proteins 42.4g



1. Prepare vegetables

Peel and finely chop the **carrots**. Finely chop the **garlic** and **chilli**, discarding the seeds if less heat is desired.



2. Prepare ingredients

Drain and coarsely chop **half the water chestnuts** (reserve remainder for another use). Drain and rinse the **peas**. Lightly whisk **1 egg** in a small bowl.



3. Cook pork

Heat **2 tsp vegetable oil** in a wok or large deep frypan over medium-high heat. Stir-fry the **pork** for 3 mins. Add **2 tsp five-spice** and **2 tsp honey** and stir-fry for a further 2 mins or until browned.



4. Add vegetables

Add the **carrot, garlic** and **chilli** and stir-fry for 2 mins. Add the **egg** and stir to coat.



5. Add rice and quinoa

Add the **rice and quinoa, water chestnuts, peas, sesame seeds** and **fish sauce** and cook, tossing, for 3 mins or until warmed through.



6. Get ready to serve

Meanwhile, cut the **lime** into wedges. Divide the **fried rice** among bowls. Scatter with the **fried shallots** and serve with the **lime wedges**.