



## Korean-Style Fried Rice

with Mushrooms and Pak Choy



20-30min



2 Portions

From kimchi to bibimbap, Korean food has claimed celebrity status on dining tables all over the city and rightly so, as it's fresh, vibrant and dishes always have a great balance of flavour. Here, we use the flavours of Korean cooking to whip up a sensational vegetarian fried rice so you don't have to eat out to enjoy a taste of Korean cuisine.



## What we send

- coriander, garlic, spring onion
- brown rice
- mushroom
- cabbage
- peas
- Korean chilli paste <sup>1,6</sup>
- pak choy
- sesame oil <sup>11</sup>
- rice wine vinegar

## What you'll require

- soy sauce <sup>6</sup>
- sugar
- vegetable oil
- water

## Utensils

- medium saucepan
- sieve
- small saucepan
- deep frypan or wok

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

## Allergens

Gluten (1), Soy (6), Sesame (11). May contain traces of other allergens.

## Nutrition per serving

Energy 485kcal, Fat 16.5g, Carbs 61.0g, Proteins 16.1g



### 1. Cook rice

Bring **1L (4 cups) water** to the boil in a medium saucepan. Add a **pinch of salt** to the boiling water and cook the **rice** for 25 mins or until the rice is tender. Drain and keep warm.



### 2. Prepare vegetables

Meanwhile, trim the **cabbage** and thinly slice. Trim the **mushrooms**, clean with paper towel or a brush and cut into quarters. Trim and thinly slice the **spring onions**. Peel and very thinly slice the **garlic**. Trim and thinly slice the **pak choy**.



### 3. Make sauce

In a small bowl, combine the **sesame oil**, **2 tsp Korean chilli paste**, **2 tsp rice wine vinegar** (the remaining paste and vinegar won't be used in this recipe), **1½ tbs soy sauce** and **½ tsp sugar** and whisk until the sugar dissolves. Bring a small saucepan of water to the boil for the peas.



### 4. Cook vegetables

Meanwhile, heat **1 tbs vegetable oil** in a wok or deep frypan over high heat. Stir-fry the **garlic** and **spring onion** for 1 min. Add the **mushrooms** and stir-fry for 5 mins or until golden.



### 5. Chop coriander

While the mushrooms are cooking, finely chop the **coriander**, including the stalks. Put the peas in the pan of boiling water, return to the boil and cook for 3 mins. Drain.



### 6. Finish fried rice

Add the **cabbage**, **pak choy** and **drained peas** and stir-fry for 1 min, or until the pak choy and cabbage are wilted. Add the **rice** and **sauce** to the pan and stir-fry for 2-3 mins until heated through. Stir through the **coriander**. Divide the **fried rice** among bowls to serve.