



Korean-Style Fried Rice

with Mushrooms and Pak Choy



20-30min



4 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

- mushroom
- coriander, garlic, spring onion
- brown rice
- cabbage
- peas
- rice wine vinegar
- Korean chilli paste ^{1,6}
- pak choy
- sesame oil ¹¹

What you'll require

- soy sauce ⁶
- sugar
- vegetable oil
- water

Utensils

- large saucepan
- medium saucepan
- sieve
- 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 60.8g, Proteins 16.0g



1. Cook rice

Bring **1.5L (6 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**, **Korean chilli paste**, **rice wine vinegar**, **60ml (¼ cup) soy sauce** and **1 tsp sugar** and whisk until the sugar dissolves. Bring a medium saucepan of water to the boil for the peas.



4. Cook vegetables

Meanwhile, heat **2 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.