



FAST

HEALTHY

Quick Teriyaki Fried Rice

with Brown Rice and Quinoa



20-30min



4 Portions

It's hard to beat a good fried rice, but we think we've done it with this virtuous twist on the classic 'naughty' dish. It's still got the rice, omelette and lots of flavour from teriyaki sauce and porcini, but we've loaded it with great-for-you green veggies.

What we send

- porcini powder
- teriyaki sauce ^{1,6,17}
- ginger
- coriander, spring onion
- peas
- fried shallots ¹
- capsicum
- zucchini
- brown basmati and quinoa rice

What you'll require

- eggs ³
- vegetable oil

Utensils

- colander
- fine grater
- medium frypan
- medium saucepan

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

Allergens

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

Nutrition per serving

Energy 455kcal, Fat 20.9g, Carbs 44.1g, Proteins 16.9g



1. Prepare ingredients

Read through the recipe. Bring a medium saucepan of water to the boil for the peas. Halve the **zucchini** lengthwise, then thinly slice into half moons. Cut the **capsicum** into 1cm chunks, discarding the seeds and membrane. Peel and finely grate the **ginger**.



4. Stir-fry vegetables

Heat **1 tbs oil** in the frypan over high heat. Stir-fry the **zucchini, capsicum, ginger** and **peas** for 2 mins or until just starting to soften. Remove from the pan.



2. Chop coriander

Coarsely chop the **coriander**, including the stems. Thinly slice the **spring onions**. Add the **peas** to the pan of boiling water, return to the boil and cook for 1 min or until just tender. Drain.



5. Stir-fry rice

Heat **1 tbs oil** in the frypan over high heat. Massage the **rice and quinoa** packets to loosen the grains then add to the pan. Stir-fry for 1 min, breaking up any lumps. Add the **teriyaki sauce** and cook, stirring, for 2 mins or until the rice is glazed and sticky.



3. Make omelette

Whisk **4 eggs** and **2 tsp porcini powder** in a bowl. Heat **1 tbs oil** in a large deep frypan over medium-high heat. Add the eggs to the pan, swirling to coat the base, and cook for 1 min or until just set on the bottom, then roll up and transfer to a board. Thinly slice the **omelette** into strips.



6. Get ready to serve

Return the **vegetables** to the pan with the **remaining porcini powder** and cook for 1-2 mins until heated through. Remove the pan from the heat. Add the **spring onion** and **coriander**, stir to combine then divide the **fried rice** and **omelette strips** among bowls. Scatter over the **fried shallots** to serve.