



FAST

JSHealth

Healthy Fried Rice

with Brown Basmati, Quinoa and Kale



20-30min



4 Portions

Throughout January, health and wellness advocate and clinical nutritionist Jessica Sepel - founder of JSHealth, joins Marley Spoon sharing her delicious, wholefood recipes from her popular brand and two best-selling cookbooks. This healthy version of much-loved fried rice uses a fast-cooking blend of brown basmati rice and quinoa so that dinner is on the table in a flash.

What we send

- brown basmati rice and quinoa
- chilli flakes
- kale
- garlic, spring onion
- sesame oil ¹¹
- sesame seed mix ¹¹
- onion

What you'll require

- eggs ³

Utensils

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

Allergens

Egg (3), Sesame (11). May contain traces of other allergens.

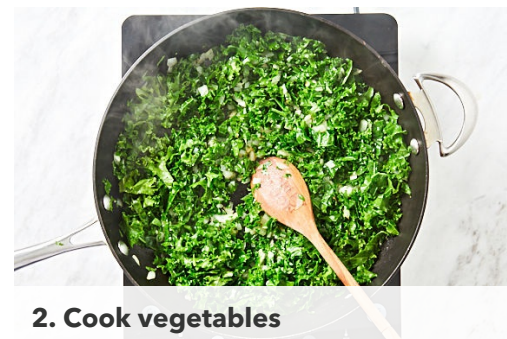
Nutrition per serving

Energy 660kcal, Fat 17.5g, Carbs 97.5g, Proteins 22.0g



1. Prepare ingredients

Finely chop the **onion**. Crush or finely chop the **garlic**. Discard the tough stems from the **kale** and thinly slice.



2. Cook vegetables

Heat the **sesame oil** and **1 tbs grapeseed oil** in a large deep frypan over medium heat. Cook the **onion**, stirring regularly, for 4-5 mins until softened and translucent. Add the **garlic** and cook for a further 1-2 mins until fragrant. Add the **kale** and cook, stirring, for 2 mins or until wilted.



3. Prepare spring onions

While the vegetables are cooking, trim and thinly slice the **spring onions**.



4. Add eggs

Whisk **4 eggs** in a bowl. Make a space in the middle of the **kale mixture** in the pan, add the egg and cook, stirring, for 1-2 mins until well combined and the egg is cooked.



5. Add rice

Massage the **brown rice and quinoa** packets to loosen the grains. Increase the heat to high, then add the brown rice and quinoa and stir-fry for 2 mins, breaking up any lumps.



6. Get ready to serve

Add the **spring onion** and **2 tbs soy sauce** to the **rice mixture** and stir-fry for a further 1 min. Divide the **fried rice** among bowls. Scatter with the **sesame seeds** and **chilli flakes** to serve.