

DINNERLY



 HEALTHY

Green Veggie Fried Rice with Crispy Shallots



20-30 minutes



4 Servings

Our version of fried rice is easy to whip up and guaranteed to please. Cook nutty brown rice, chop veggies, make stir-fry sauce, then flash the lot in a hot pan.

WHAT WE SEND

- 250g brown rice
- 2 heads broccoli
- 400g Chinese cabbage
- 2 carrots
- 80ml kecap manis WAS 60ml^{1,6,17}
- 2 x 20g fried shallots¹

WHAT YOU NEED

- eggs³
- garlic clove
- soy sauce⁶
- vegetable oil
- white vinegar

TOOLS

- box grater
- large frypan
- medium saucepan

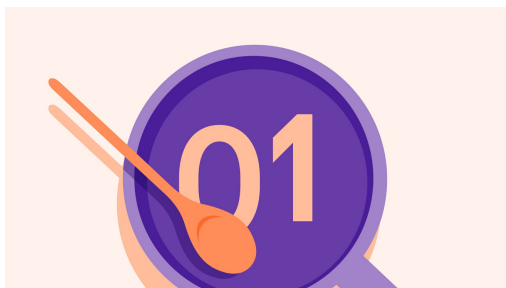
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

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

NUTRITION PER SERVING

Energy 540kcal, Fat 23.4g, Carbs 58.8g,
Proteins 17.7g



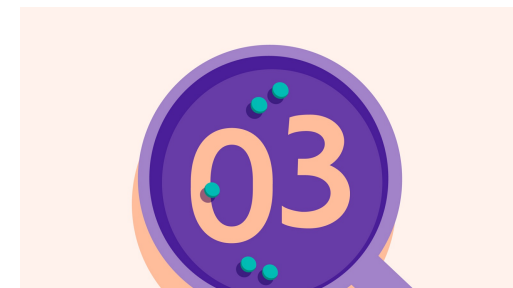
1. Prep ingredients

Bring a medium saucepan of water to the boil, add the **rice** and cook for 25 min or until tender. Meanwhile, crush or finely chop **3 garlic cloves**. Peel and coarsely grate the **carrots**. Coarsely grate the **broccoli** stems, then finely chop the heads. Trim and finely slice the **cabbage**.



2. Make stir-fry sauce

Combine **2 tbs kecap manis** (the remaining kecap manis won't be used in this dish), **2 tbs soy sauce** and **1 tbs white vinegar** in a small bowl. Crack **3 eggs** into a separate bowl, add **1 tbs soy sauce** and beat to combine.



3. Cook omelette

Heat **1 tbs vegetable oil** in a large deep frypan over medium heat. Cook the **egg mixture**, swirling to coat the base of the pan, for 2 mins or until just set on the base. Roll up, remove from the pan and cut into strips.



4. Stir-fry veggies and rice

Heat **1 tbs vegetable oil** in the pan over high heat. Stir-fry the **carrot** and **broccoli** for 2 mins. Add the **cabbage** and stir-fry for 1-2 mins or until tender. Remove from the pan. Heat **2 tbs vegetable oil** in the pan over medium-high heat. Stir-fry the **garlic** for 30 secs or until fragrant. Add the **rice** and stir-fry for 1-2 mins until lightly golden.



5. Serve up

Add the **sauce** and **vegetables** and stir-fry for a further 2-3 mins until warmed through and well coated. Remove the pan from the heat and season with **pepper**. Divide the **fried rice** among bowls, top with the **omelette strips**, scatter with the **crispy shallots** and enjoy.



6. Make it yours

Add sliced fresh chillies or sriracha sauce to the stir-fry sauce mixture if you like a little spice to your rice.