

DINNERLY



Soy-Glazed Pork Sausages

with Veggie Fried Rice



20-30 minutes



2 Servings

WHAT WE SEND

- 4 Italian-style pork sausages^{6,17}
- 150g jasmine rice
- 1 carrot
- ginger
- 1 head broccoli
- 1 onion

WHAT YOU NEED

- garlic clove
- Australian honey
- soy sauce⁶
- vegetable oil

TOOLS

- small saucepan with lid

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

ALLERGENS

Soy (6), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 935kcal, Fat 50.3g, Carbs 83.3g, Proteins 32.5g



1. Cook rice

Rinse the rice until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water has absorbed. Turn off the heat and stand, covered, for at least 5 mins.



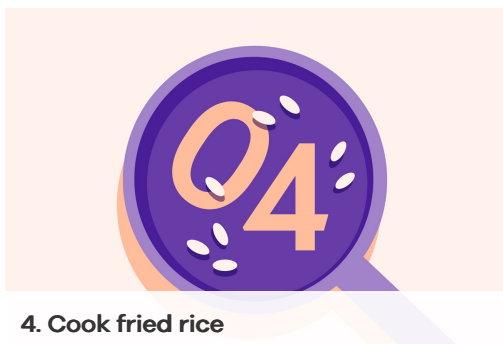
2. Prep ingredients

Meanwhile, peel the **ginger** and cut into very thin matchsticks or finely grate (see Kitchen 101). Peel the **carrot**, then shred or coarsely grate with a julienne peeler or box grater. Cut the **broccoli** stem into 5mm chunks, then cut the head into small florets. Finely chop the **onion**. Crush or finely chop **2 garlic cloves**.



3. Cook sausages

Heat **2 tsp vegetable oil** in a large deep frypan over medium heat. Cook the **sausages**, turning, for 15 mins or until golden and cooked through. Remove the pan from the heat, add **1 tbs soy sauce** and **1 tbs honey**, season with **pepper** and turn until the sausages are glazed. Remove the sausages and glaze from the pan and wipe clean.



4. Cook fried rice

Heat **1 tbs vegetable oil** in the same pan over medium-high heat. Stir-fry the **carrot**, **broccoli**, **onion**, **garlic** and **ginger** for 3 mins or until tender but still with crunch. Add the **rice** and **1 tbs soy sauce**, season with **pepper** and stir-fry for 1 min or until the rice is warm. Remove the pan from the heat.



5. Serve up

Divide the **fried rice** among bowls and top with the **glazed sausages**. Drizzle with any resting juices and enjoy!



6. Kitchen 101

Cutting the ginger into thin matchsticks may take you a little longer than grating, but the resulting flavour makes it worth the effort. Make sure you use a very sharp knife.