



Everything
But The Chef

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WK24
2015



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Perfect Fried Rice

After mastering our Perfect Fried Rice packed with fresh veggies, your local Chinese take-away option will pale in comparison! Full of the authentic flavours of lemongrass, ginger, garlic, and chilli, teamed with lovely fresh vegetables and eggs to make it super special and satisfying.

 **Prep:** 10 mins
Cook: 20 mins
Total: 30 mins

 level 1

 lactose free

 3 pantry items



Jasmine Rice



Carrot



Zucchini



Button Mushrooms



Coriander



Ginger



Garlic



Lemongrass



Long Chilli



Eggs



Spring Onions

2P	4P	Ingredients
120 g	240 g	jasmine rice
1 cup	2 cups	water *
2 tsp	1 tbs	vegetable oil *
1	2	carrot, peeled & finely diced
1	2	zucchini, finely diced
200 g	400 g	button mushrooms, coarsely chopped
1 bunch	2 bunches	coriander, stalks chopped & leaves picked A
1 knob	2 knobs	ginger, peeled & finely grated
1	2	garlic clove, peeled & crushed
5 cm	10 cm	lemongrass, finely sliced
1	2	long chilli, finely sliced
1½ tsp	3 tsp	soy sauce *
2	4	eggs, lightly whisked B
1 bunch	2 bunches	spring onions, finely sliced

⊕ May feature in another recipe

* Good to have at home

⊕ **Nutrition per serving**

Energy	1190	Kj
Protein	15.7	g
Fat, total	12.2	g
-saturated	2.6	g
Carbohydrate	23.6	g
-sugars	7.5	g
Sodium	261	mg

Measuretool

0 cm	1 cm	2 cm



1 Place the **jasmine rice** into a sieve and rinse it with cold tap water. The water will initially become cloudy, continue to rinse until the water becomes clear enough (it doesn't need to be crystal). Place the rice and **water** in a medium saucepan. Cover the saucepan with a lid and cook for **10-12 minutes** or until soft. Set aside.



2 Meanwhile, heat the **vegetable oil** in a wok over a high heat. Add the **carrot, zucchini, and mushrooms**. Stir fry for **2-3 minutes**, or until vegetables are just tender. Add the **coriander stalks, ginger, garlic, lemongrass** and **chilli**. Stir fry for **1 minute** or until fragrant. Add the **soy sauce** and continue stir-frying for **1 minute**. Add the cooked rice and stir to combine. Create a well in the centre of the pan and pour in the **egg**. Allow to cook for **15-30 seconds** then stir the egg through the rice mixture.



3 To serve, divide the fried rice between bowls and top with the **spring onions** and **coriander leaves**.



Did you know? Fried rice has humble origins in the rice-growing areas of China. Yesterday's leftover rice was fried in lard with a clove or two of garlic to give it flavour.