



Asian Inspired Rice with a Coriander Drizzle

Classic 30 Minutes • Little Spice • 1.5 of your 5 a day • Plant-Based

23



Vegetable Stock Powder



Basmati Rice



Ground Turmeric



Bell Pepper



Carrot



Ginger



Spring Onion



Coriander



Lime



Tenderstem Broccoli®



Chilli Flakes



Ketjap Manis



Soy Sauce



Sesame Oil



Salted Peanuts

Before you start

Cooking tools, you will need:

Measuring Jug, Saucepan, Chopping Board, Grater, Baking Tray, Frying Pan and Small Bowl.

Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Vegetable Stock Powder 10	1 sachet	2 sachets	2 sachets
Basmati Rice	150g	225g	300g
Ground Turmeric	1 pot	1 pot	1 pot
Bell Pepper***	1	2	2
Carrot**	1	1	2
Ginger**	1 piece	1 piece	2 pieces
Spring Onion**	2	3	4
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	½	1	1
Tenderstem Broccoli***	1 pack	1 pack	2 packs
Chilli Flakes	1 pinch	1 pinch	1 pinch
Soy Sauce 11 13	1 sachet	1 sachet	2 sachets
Ketjap Manis 11 13	1 sachet	2 sachets	2 sachets
Sesame Oil 3	1 sachet	1 sachet	2 sachets
Salted Peanuts 1	1 small bag	1 large bag	1 large bag

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	403g	100g
Energy (kJ/kcal)	2549 / 609	632 / 151
Fat (g)	21	5
Sat. Fat (g)	3	1
Carbohydrate (g)	88	22
Sugars (g)	20	5
Protein (g)	17	4
Salt (g)	2.10	0.52

Nutrition for uncooked ingredients based on 2 person recipe

Allergens

1) Peanut **3)** Sesame **10)** Celery **11)** Soya **13)** Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

The Fresh Farm

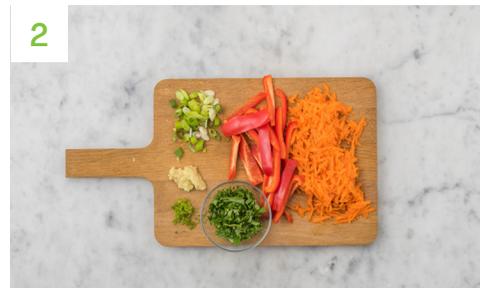
60 Worship St, London EC2A 2EZ

You can recycle me!



Cook the Rice

Heat your oven to 200°C. Pour the **water** (see ingredient list for amount) into a saucepan over high heat. Stir in the **vegetable stock powder** and pour in the **basmati rice** and **turmeric**. Stir and bring to the boil, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



Get Prepped

While the **rice** is cooking, halve the **pepper**, remove the core and the seeds then thinly slice. Trim the **carrot** (no need to peel), then grate on the coarse side of your grater, peel and grate the **ginger**. Trim the **spring onion** then thinly slice. Roughly chop the **coriander** (stalks and all). Zest and halve the **lime**.



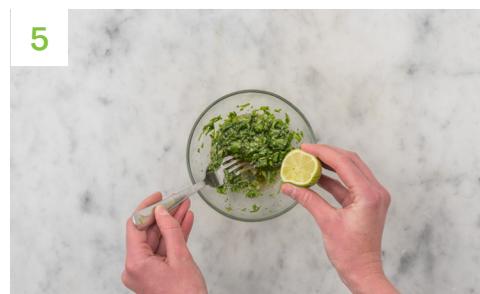
Cook the Veg

Pop the **Tenderstem broccoli** onto a roasting tray, drizzle with **oil** and season with **salt** and **pepper**. Roast until tender, 10-12 mins. Meanwhile, heat a drizzle of **oil** in a large frying pan over a medium-high heat. Once hot, add the **bell pepper**. Stir-fry until the **pepper** has softened, 5-6 mins,



Finish the Veggies

Add the **spring onions**, **ginger**, **lime zest**, and a tiny pinch of **chilli flakes** (you can add more later if you want to ramp up the heat) into the pan with the **pepper**. Stir together and cook for 1 minute, then pour in the **ketjap manis** and the **soy sauce**. Stir together and cook for 2 mins, then remove from the heat.



Make the Drizzle

Mix the **coriander** with the **sesame oil** (see ingredients for amount) in a small bowl. Squeeze in **half** the **lime juice** and a pinch of **pepper** and **sugar**. Mix together. Roughly chop the **peanuts**.



Finish and Serve

Fluff up the **rice** with a fork and stir it into the **veggie mixture** along with the **grated carrot**. Serve in bowls with the **herby drizzle** on top and a sprinkle of **peanuts**. Scatter some **chilli flakes** on top if you like things extra spicy.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.