



CHICKEN, BACON & VEGGIE FRIED RICE

with Roasted Cashews



Add nuts to fried rice for texture



Jasmine Rice



Brown Onion



Carrot



Garlic



Lime



Bacon



Chicken Thigh



Tomato Paste



Cos Lettuce



Spring Onion



Long Red Chilli (Optional)



Roasted Cashews

Hands-on: **25 mins**
Ready in: **40 mins**

Eat me early

Spicy (optional long red chilli)

Fried rice is one of our year-round favourites, and this is one of our best flavour combinations ever. Not only does it taste great, but it's a real feast of textures, too – from succulent chicken to crunchy roasted cashews.

Pantry Staples: Olive Oil, Eggs, Brown Sugar (or Honey), Soy Sauce, Sesame Oil (Optional)

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **medium saucepan** • **large frying pan** with a **lid**



1 PREP THE RICE

In a medium saucepan, bring the **water** and **jasmine rice** to the boil over a high heat. Reduce the heat to medium and simmer, stirring occasionally, for **10 minutes**, or until the rice is almost tender. Drain and set aside, uncovered.



2 GET PREPPED

While the rice is cooking, finely chop the **brown onion**. Finely chop the **carrot** (unpeeled). **TIP:** You can grate the carrot if you'd prefer! Finely chop the **garlic** (or use a **garlic press**). Slice the **lime** into wedges. Cut the **bacon** into 1cm pieces. Cut the **chicken thigh** into 1cm cubes.



3 COOK THE CHICKEN & BACON

In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. Add the **bacon** and **chicken** and cook, tossing occasionally, for **5 minutes**, or until browned. Add the **carrot** and **onion** and cook for **3-4 minutes**, or until softened. Add a **drizzle** more **olive oil**, the **garlic** and **tomato paste** and cook for **1 minute**, or until fragrant.



4 COOK THE EGG

Push the meat and veggies to one side of the pan and crack the **eggs** into the other side. Let the egg set for **30 seconds**, then scramble with a wooden spoon and stir through the meat and veg. Add the cooked rice, **soy sauce**, **brown sugar** and **sesame oil** (if using). Stir to combine. Season to taste with **salt** and **pepper**. Remove from the heat and cover with a lid (or foil) to keep warm.



5 ADD THE GREENS

Shred the **cos lettuce**. Slice the **spring onion** (green and white parts). Thinly slice the **long red chilli** (if using). Add the lettuce, spring onion and **1/2** of the long red chilli (if using) to the fried rice and stir through. **TIP:** If you don't like the texture of wilted lettuce, stir it through just before serving so it retains some crunch!



6 SERVE UP

Divide the chicken, bacon and veggie fried rice between bowls. Sprinkle the adults' portions with the **roasted cashews** and the remaining long red chilli (if using). Serve the lime wedges on the side.

TIP: For kids, follow our serving suggestion in the main photo!

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
water*	2½ cups
jasmine rice	2 packets
brown onion	1
carrot	2
garlic	2 cloves
lime	1
bacon	1 packet
chicken thigh	1 small packet
eggs*	2
tomato paste	1 sachet
soy sauce*	¼ cup
brown sugar* (or honey)	1 tsp
sesame oil* (optional)	2 tsp
cos lettuce	1
spring onion	1 bunch
long red chilli (optional)	1
roasted cashews	1 packet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2700kJ (645Cal)	590kJ (141Cal)
Protein (g)	33.9g	7.4g
Fat, total (g)	22.0g	4.8g
- saturated (g)	5.9g	1.3g
Carbohydrate (g)	75.0g	16.4g
- sugars (g)	12.5g	2.7g
Sodium (g)	1710mg	374mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
Hello@HelloFresh.co.nz

2018 | WK43

