



N°23

Fried Egg and Spicy Rice

with Green Beans, Green Pepper and Peanuts

CLASSIC 25 Minutes • Little Heat • 1.5 of your 5 a day • Veggie



Vegetable Stock Powder



Ground Turmeric



Basmati Rice



Green Pepper



Green Beans



Carrot



Spring Onion



Coriander



Ginger



Lime



Ketjap Manis



Soy Sauce



Kuala Lumpur Style Spice



Salted Peanuts



Eggs

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Measuring Jug, Saucepan, Fine Grater and Frying Pan.

Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Ground Turmeric	1 pot	1 pot	1 pot
Basmati Rice	150g	225g	300g
Green Pepper**	1	2	2
Green Beans**	1 small pack	1 large pack	2 small pacls
Carrot**	1	1	2
Spring Onion**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Ginger**	1/2 piece	3/4 piece	1 piece
Lime**	1/2	1	1
Ketjap Manis 11) 13)	1 sachet	2 sachets	2 sachets
Soy Sauce 11) 13)	1 sachet	1 sachet	2 sachets
Kuala Lumpur Style Spice	1 small pot	3/4 large pot	1 large pot
Salted Peanuts 1)	1 small pot	1 large pot	1 large pot
Eggs 8)**	2	3	4

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	425g	100g
Energy (kJ/kcal)	2301/550	542/130
Fat (g)	14	3
Sat. Fat (g)	3	1
Carbohydrate (g)	85	20
Sugars (g)	18	4
Protein (g)	22	5
Salt (g)	3.60	0.85

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 8) Egg 10) Celery 11) Soya 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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1. Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add the **stock powder** and **turmeric**, stir in the **rice**, 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).



2. Prep the Veg

Halve the **pepper** and discard the core and seeds. Slice into thin strips. Trim the **green beans** then chop into thirds. Trim and grate the **carrot**. Trim the **spring onions** then slice thinly. Roughly chop the **coriander** (stalks and all). Peel and grate the **ginger**. Zest and quarter the **limes**.



3. Fry the Veg

Heat a drizzle of **oil** in a large frying pan on medium high heat. Once hot, add the **green pepper** and **green beans**, fry until softened, 4-6 mins. Add the **ketjap manis**, **soy sauce**, **Kuala Lumper style spice** and **ginger**. Let it bubble for 1-2 mins. **TIP:** Use less Kuala Lumper spice if you don't like it too spicy.



4. Finish off the Rice

Meanwhile, roughly chop the **peanuts**. Once the **rice** is cooked, add it to the pan with the **veg**. Once thoroughly mixed add the **carrot** and **lime zest** and heat through for 1-2 minutes. Season with **salt** and **pepper** to taste.



5. Fry the Egg

Serve the **rice** in bowls, cover with foil to keep warm and wipe out the pan. Return to a high heat and add a drizzle of **oil**. Crack your **eggs** into the pan and fry until the white of the **egg** is opaque and the yolk still has a wobble, 4-5 mins. **TIP:** Cook for a couple more mins if you prefer your yolk a little more cooked.



6. Serve up

Top each bowl of **rice** with a **fried egg**, sprinkle on the **spring onion**, **coriander** and the chopped **peanuts**. Serve with a wedge of **lime** for squeezing over.

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.