



Korean Ssamjang Veggie Fried Rice

with Mayonnaise

Grab your Meal Kit with this symbol



Garlic



Carrot



Button Mushrooms



Spring Onion



Asian Greens



Sweetcorn



Lemon



Microwavable Basmati Rice



Ssamjang Paste



Chilli Flakes (Optional)



Crispy Shallots



Mayonnaise

Hands-on: **25-35 mins**
 Ready in: **35-45 mins**
 Spicy (optional chilli flakes)

Calorie Smart

We're channelling Korean flavours in this combination veggie fried rice. Sautéed sesame greens adds subtle nuttiness and ssamjang paste provides the perfect amount of umami that play so well with everyone's finishing favourites... crispy shallots and a perfectly fried egg!

Pantry items

Olive Oil, Sesame Oil, Soy Sauce, Brown Sugar, Eggs

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	1	2
button mushrooms	1 packet	1 packet
spring onion	1 stem	2 stems
Asian greens	1 head	2 heads
sweetcorn	½ tin	1 tin
lemon	½	1
sesame oil*	drizzle	drizzle
microwavable basmati rice	1 packet	2 packets
ssamjang paste	1 medium packet	1 large packet
soy sauce*	2 tbs	¼ cup
brown sugar*	pinch	pinch
eggs*	2	4
chilli flakes (optional)	pinch	pinch
crispy shallots	1 packet	1 packet
mayonnaise	1 packet (40g)	1 large packet (80g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2646kJ (632Cal)	424kJ (101Cal)
Protein (g)	20.5g	3.3g
Fat, total (g)	28.7g	4.6g
- saturated (g)	6.1g	1g
Carbohydrate (g)	61.5g	9.8g
- sugars (g)	14.1g	2.3g
Sodium (mg)	1325mg	212mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Finely chop the **garlic**. Thinly slice the **carrot** into half-moons. Thinly slice the **button mushrooms** and **spring onion**. Roughly chop the **Asian greens**. Drain the **sweetcorn** (see ingredients). Cut the **lemon** into wedges.



Finish the fried rice

Add the **garlic** and **spring onion** to the frying pan with the **veggies** and cook, stirring, **1 minute**. Add the **ssamjang paste**, **soy sauce**, a drizzle of **sesame oil**, a squeeze of **lemon juice** and a pinch of **brown sugar** and cook until reduced slightly, **30 seconds**. Add the heated **basmati rice** and cook, stirring, until well combined, **1-2 minutes**. Transfer to the serving bowls.



Cook the sesame greens

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **Asian greens**, stirring, until wilted, **2-3 minutes**. Add a drizzle of **sesame oil** and season. Transfer to a bowl and cover to keep warm.



Fry the egg

Wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Crack the **eggs** into the pan. Cook until the egg whites are firm and the yolks are cooked to your liking, **4-5 minutes**.

TIP: This will give a soft yolk, fry for 6-7 minutes to get a hard yolk.



Start the fried rice

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **carrot** and **mushrooms** until softened, **4-5 minutes**. Add the **sweetcorn** (see ingredients) and cook for **2-3 minutes**. Meanwhile, heat the **microwavable basmati rice** in the microwave until steaming, **2-3 minutes**.



Serve up

Top the bowls of fried rice with a fried egg and the sesame greens. Sprinkle with a pinch of **chilli flakes** (if using) and the **crispy shallots**. Dollop over the **mayonnaise**. Serve with any remaining lemon wedges.

Enjoy!