



(02) 8188 8722 | HelloFresh.com.au

WK08  
2017

## Nasi Goreng with Chicken & Spiced Fried Egg

If Nasi Goreng makes you think of broke uni living and sachets of unidentified 'dehydrated vegetables', it's time you experienced the real thing. Tasty mouthfuls of fried rice packed full of veggies, chicken and topped with a fried egg, this is destined to become a household favourite.



**Prep:** 15 mins

**Cook:** 25 mins

**Total:** 40 mins



level 1



eat me  
early



spicy

### Pantry Items



Water



Olive Oil



Salt-Reduced  
Soy Sauce



Eggs



Basmati Rice



Free Range  
Chicken Breast



Garlic



Green Beans



Carrot



Roma Tomato



Spring Onion



Kecap Manis



Lemon



Chilli Flakes



Turmeric



Coriander

JOIN OUR PHOTO CONTEST



#HelloFreshAU

2P	4P	Ingredients
1 packet	2 packets	Basmati rice, rinsed well
3 cups	6 cups	water *
1 tbs	2 tbs	olive oil *
2 fillets	4 fillets	free range chicken breast, sliced into 1 cm strips
2 cloves	4 cloves	garlic, peeled & crushed
1 bag	2 bags	green beans, sliced into 2 cm lengths
1	2	carrot, peeled & diced
1	2	roma tomato, chopped into chunks
1 bunch	2 bunches	spring onions, finely sliced
1 tub	2 tubs	kecap manis
2 tbs	4 tbs	salt-reduced soy sauce *
1	2	lemon, sliced into wedges
1 pinch	2 pinches	chilli flakes
1 pinch	2 pinches	turmeric ( <b>caution: may stain fingers</b> )
2	4	eggs *
½ bunch	1 bunch	coriander, leaves picked

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	3520	Kj
Protein	55	g
Fat, total	24.1	g
-saturated	6.1	g
Carbohydrate	94.7	g
-sugars	26.4	g
Sodium	1220	mg



**You will need:** *chef's knife, chopping board, sieve, garlic crusher, vegetable peeler, medium saucepan, large wok or frying pan, large frying pan, aluminium foil, wooden spoon and spatula.*

**1** Place the **Basmati rice** and the **water** in a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **10-12 minutes**, or until the rice is soft. Drain. Set aside.



**2** Heat half the the **olive oil** in a large wok or frying pan over a high heat. Cook the **chicken breast** for **5-6 minutes**, or until golden and cooked through. Add the **garlic**, **green beans**, **carrot**, **tomato** and half the **spring onion** and cook for a further **2 minutes**, or until slightly softened.

**3** Stir through the cooked Basmati rice, **kecap manis**, **salt-reduced soy sauce** and the juice from half the **lemon wedges**.



**4** Meanwhile, in a large frying pan heat the remaining olive oil over a medium heat. Sprinkle some of the **chilli flakes** (to taste) and **turmeric** into the oil and then crack **eggs** on top, ensuring they aren't too close together. Cook the eggs for **4-5 minutes**, or until the egg white is cooked and the yolk is just firm. Remove from the heat.



**5** To serve, divide the nasi goreng between bowls. Top with the fried egg, remaining spring onion, **coriander** and lemon wedges. Enjoy!

**Did you know?** "Nasi Goreng" translates to "Fried Rice" in Indonesian.