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Pumpkin & Pea Stir Fry with Egg

Oooh a sweet and sticky Indonesian pumpkin stir fry, that tastes just like a takeaway meal. When the Asian stir fry cravings hit, put down the local restaurant menu and reach for this stunner of a recipe! This delicious bowl of goodness can be made and ready to eat in a mere 30 minutes flat, omelette and jasmine rice included.



Prep: 10 mins

Cook: 20 mins

Total: 30 mins



level 1



lactose
free



spicy

Pantry Items



Water



Vegetable
Oil



Jasmine Rice



Pumpkin



Eggs



Coriander



Brown Onion



Garlic



Birdseye Chilli



Sugar Snap Peas



Lime



Kecap Manis

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2P	4P	Ingredients
¾ cup	1 ½ cups	Jasmine rice, rinsed well
3 cups	6 cups	water *
300 g	600 g	pumpkin, peeled & cut into 2 cm chunks
2 tsp	1 tbs	vegetable oil *
2	4	eggs, lightly whisked
½ bunch	1 bunch	coriander, leaves picked & stalks finely chopped
½	1	brown onion, thinly sliced
1 clove	2 cloves	garlic, peeled & crushed
1	2	birdseye chilli, deseeded & finely chopped
100 g	200 g	sugar snap peas, trimmed
½	1	lime, juiced
3 tbs	6 tbs	kecap manis

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2690	Kj
Protein	19.3	g
Fat, total	11.6	g
-saturated	3.1	g
Carbohydrate	111	g
-sugars	42.2	g
Sodium	941	mg

Disclaimer: Pumpkins naturally vary in size, we may over supply you but please use the weight stated for this recipe. We may substitute sugar snap peas for snow peas as unpredictable weather conditions may affect market supply.



You will need: chef's knife, chopping board, garlic crusher, vegetable peeler, box grater, sieve, mixing bowl, spatula, steamer basket, medium saucepan and a large wok or frying pan.

1 Place the **Jasmine rice** and the **water** in a medium saucepan and bring to the boil over a high heat. Place a steamer basket over the top of the rice and add the **pumpkin**. Cook for **4-5 minutes** or until just tender. Remove the pumpkin and continue cooking the rice for a total time of **10-12 minutes** or until the rice is soft. Drain.

Tip: If you don't have a steamer basket simply bring a separate saucepan of water to the boil and cook the pumpkin for **3-4 minutes** or until just tender. Drain and add to stir fry in step 3 as instructed.

2 Heat half of the **vegetable oil** in a large wok or frying pan. Add the **egg** and swirl to coat the base of the wok. Cook for **1-2 minutes** until set and then fold over into an omelette. Slide out of the pan and set aside. Roll the omelette and cut into slices.

3 Place the wok back over the same heat and add the remaining vegetable oil, **coriander stalks**, **brown onion**, **garlic** and **birdseye chilli**. Stir-fry for **2-3 minutes** or until fragrant and onion is soft. Add the **sugar snap peas**, pumpkin and omelette slices to the wok with the **lime juice** and **kecap manis**. Stir fry for a further **1-2 minutes** or until heated through. Remove from the heat and stir through the **coriander leaves**.

4 Serve the pumpkin and sugar snap pea stir fry over the rice.

Did you know? When juicing a lime, bring it to room temperature first; a warmer lime will produce more juice.

