



# FRIED RICE

with Honey-Soy Ginger Beef



Master traditional  
fried rice



Ginger



Garlic



Corn



Carrot



Spring Onion



Coriander



Beef Rump



Jasmine Rice

*Pantry Staples*



Water



Soy Sauce



Honey



Egg



Olive Oil



Sesame Oil  
(Optional)

Hands-on: **30 mins**  
Ready in: **40 mins**

There are few things as easily assembled and uniquely satisfying as fried rice. We're taking it back to basics with this traditional dish and topping it off with perfectly flavoursome marinated beef.

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **fine grater**, **chef's knife**, **chopping board**, **large bowl**, **sieve**, **medium saucepan**, **large tray** or **plate**, **medium bowl**, **spoon**, **large frying pan** and a **wooden spoon**.



## 1 GET PREPPED

Peel and finely grate the **ginger** and **garlic**. Slice the **beef rump** into 2 cm cubes. Slice the kernels off the **corn** cob **TIP:** Do this over a large bowl to stop the corn flying everywhere! Finely dice the **carrot** (unpeeled). Finely slice the **spring onion**. Finley chop the **coriander** leaves (reserve a few leaves for garnish).



## 2 COOK THE RICE

Rinse the **Jasmine rice** well. Bring the rice and the **water (for the rice)** to the boil in a medium saucepan over a high heat. Reduce the heat to medium and simmer, uncovered, for **11-12 minutes**, or until the rice is soft. Drain, spread over a large tray or plate and transfer to the fridge to cool. **TIP:** The trick to making the perfect fried rice is cooling the rice before you fry it.



## 3 MARINATE THE BEEF

While the rice is cooking, combine the **ginger**, **1/2 of the garlic**, **2/3 of the soy sauce**, the **honey** and **olive oil (1 tbs for 2 people/2 tbs for 4 people)** in a medium bowl. Season with a **pinch of salt** and **pepper** and add the **beef rump** cubes. Mix well and set aside to marinate.



## 4 COOK THE VEGGIES

Heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Add the **corn** kernels, **carrot** and **spring onion** and cook for **5 minutes**, or until softened. Add the **remaining garlic**, **coriander** and the cooled **rice**. Push the rice to the side of the frying pan and add a **drizzle of olive oil**. Crack in the **egg** and allow to set for **30 seconds**, then scramble the egg with a wooden spoon and stir through the rice. Add the **sesame oil (if using)** and the **remaining soy sauce** and mix through. Transfer to the same large bowl used in step 1.



## 5 COOK THE BEEF

Heat the same frying pan over a high heat, add the **beef rump** cubes and cook for **2 minutes** until just cooked through.



## 6 SERVE UP

Divide the fried rice between bowls and top with the honey-soy ginger beef. Sprinkle over the remaining coriander.

Enjoy!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
ginger 🌱	1 knob	2 knobs
garlic 🌱	1 clove	2 cloves
beef rump	1 steak	2 steaks
corn	1 cob	2 cobs
carrot	1	2
spring onion	1 bunch	2 bunches
coriander 🌱	½ bunch	1 bunch
Jasmine rice	1 packet (¾ cup)	2 packets (1 ½ cups)
water* (for the rice)	3 cups	6 cups
soy sauce*	1 ½ tbs	3 tbs
honey*	1 tbs	2 tbs
egg*	1	2
sesame oil* (optional)	½ tsp	1 tsp

\*Pantry Items | 🌱 This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3370kJ (805Cal)	419kJ (100Cal)
Protein (g)	45.0g	5.6g
Fat, total (g)	33.2g	4.1g
- saturated (g)	7.2g	0.9g
Carbohydrate (g)	79.1g	9.8g
- sugars (g)	13.6g	1.7g
Sodium (g)	827mg	103mg

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