



INDONESIAN FRIED RICE

with Spiced Fried Egg



Add the flavours of Indonesia to rice!



Garlic



Green Beans



Carrot



Roma Tomato



Lemon



Coriander



Basmati Rice



Turmeric



Chilli Flakes (Optional)



Kecap Manis

Pantry Staples



Olive Oil



Soy Sauce



Water



Eggs

Hands-on: **30** mins
Ready in: **35** mins
Spicy (optional chilli flakes)

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

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **garlic crusher, chef's knife, chopping board, sieve, medium saucepan** with a lid, **large wok** or **frying pan**, **wooden spoon, large frying pan** and a **spatula**.



1 GET PREPPED

Peel and crush the **garlic**. Trim the ends of the **green beans** and chop into 2 cm pieces. Dice the **carrot** (unpeeled). Dice the **Roma tomato**. Slice the **lemon** into wedges. Pick the **coriander** leaves.



2 COOK THE RICE

Rinse the **basmati rice** well. Place the rice and the **water (check the ingredients list for the amount)** 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 and set aside. Cover with a lid to keep warm.



3 COOK THE VEGGIES

Heat a **drizzle of olive oil** in a large wok or frying pan over a high heat. Add the **garlic**, the **green beans** and the **carrot** and cook for **2 minutes**, or until slightly softened.



4 ADD THE RICE

Add the cooked **rice**, the **tomato**, the **kecap manis**, the **soy sauce**, the **turmeric (check the ingredients list for the amount)** and a **pinch of chilli flakes (if using)**. **TIP:** Some people like it hot but if you don't, just hold back on the chilli flakes. Squeeze over the juice from **1/2** of the **lemon wedges** and stir to combine. Remove from the heat and cover with a lid to keep warm.



5 COOK THE EGGS

Heat a **drizzle of olive oil** in a large frying pan over a medium heat. Sprinkle a **pinch of chilli flakes (if using)** and a **pinch of turmeric** into the oil and crack in the **egg**. Cook for **4-5 minutes**, or until the egg white is cooked and the yolk is just firm. **TIP:** If you prefer scrambled eggs, crack the eggs into the pan in step 4 and stir through the rice until cooked.



6 SERVE UP

Divide the fried rice between bowls and top with the fried egg. Sprinkle over the coriander and serve with the remaining lemon wedges on the side.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
green beans	1 bag	2 bags
carrot	1	2
Roma tomato	1	2
lemon	1/2	1
coriander 🌿	1 bunch	2 bunches
basmati rice	1 packet (3/4 cup)	2 packets (1 1/2 cups)
water*	3 cups	6 cups
kecap manis	1 sachet (50 g)	2 sachets (100 g)
soy sauce*	2 tbs	4 tbs
turmeric	1/4 tsp	1/2 tsp
chilli flakes (optional)	2 pinches	4 pinches
eggs*	2	4

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

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2490kJ (594Cal)	319kJ (76Cal)
Protein (g)	17.2g	2.2g
Fat, total (g)	14.4g	1.8g
- saturated (g)	3.1g	0.4g
Carbohydrate (g)	93.5g	12.0g
- sugars (g)	25.4g	3.3g
Sodium (g)	1120mg	143mg

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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