



Sichuan-Style Veggie Fried Rice

with Fried Egg & Roasted Cashews

Grab your Meal Kit
with this symbol



Basmati Rice



Carrot



Green Beans



Asian Greens



Long Chilli
(Optional)



Crispy Shallots



Roasted Cashews

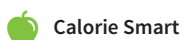


Ginger Paste



Sichuan Garlic
Paste

Prep in: **25-35** mins
Ready in: **30-40** mins



There are few things as easily assembled and uniquely satisfying as fried rice. We're taking it back to basics with this classic dish and topping it off with a perfectly fried egg.

Pantry items

Olive 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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
carrot	1	2
green beans	1 small bag	1 medium bag
Asian greens	1 bunch	2 bunches
long chilli  (optional)	½	1
Sichuan garlic paste	1 packet (80g)	2 packets (160g)
ginger paste	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
eggs*	2	4
crispy shallots	1 medium packet	1 large packet
roasted cashews	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2625kJ (627Cal)	593kJ (142Cal)
Protein (g)	19.5g	4.4g
Fat, total (g)	23.3g	5.3g
- saturated (g)	5.2g	1.2g
Carbohydrate (g)	89.3g	20.2g
- sugars (g)	20.7g	4.7g
Sodium (mg)	1133mg	256mg

The quantities provided above are averages only.

Allergens

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

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

1



Cook the rice

- Boil the kettle.
- Half-fill a medium saucepan with the **boiling water**.
- Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until almost tender, **10 minutes**. Drain.

TIP: The rice will continue cooking in step 4!

2



Get prepped

- While the rice is cooking, thinly slice **carrot** into half-moons.
- Trim and halve **green beans**. Roughly chop **Asian greens**.
- Thinly slice **long chilli** (if using).

3



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **carrot** and **green beans**, stirring, until almost tender, **3-4 minutes**.
- Add **Asian greens** and cook until wilted, **1-2 minutes**.

4



Cook the fried rice

- Add drained **rice** to the pan and cook until lightly browned, **2-4 minutes**.
- Add **Sichuan garlic paste**, **ginger paste**, the **soy sauce** and the **brown sugar**, tossing, until coated, **1-2 minutes**.
- Transfer to a bowl and cover to keep warm.

5



Fry the egg

- Wipe out frying pan, then return to high heat with a drizzle of **olive oil**.
- When oil is hot, crack the **eggs** into the pan. Cook until egg whites are firm and yolks are cooked to your liking, **2-3 minutes**.

6



Serve up

- Divide Sichuan-style veggie fried rice between bowls. Top with fried egg.
- Sprinkle with chilli, **crispy shallots** and **roasted cashews** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2022 | CW35



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