



Thai-Style Fried Rice

with Toasted Coconut & Chilli Fried Eggs

Grab your Meal Kit with this symbol



Basmati Rice



Vegetable Stock



Carrot



Capsicum



Asian Greens



Garlic



Ginger



Coriander



Spring Onion



Long Red Chilli (Optional)



Lime



Shredded Coconut



Thai Red Curry Paste



Chilli Flakes (Optional)

Hands-on: 25-35 mins
 Ready in: 30-40 mins

Spicy (Thai red curry paste & optional long red chilli & chilli flakes)

Low Calorie

Add the classic Thai flavours of red curry paste, lime, coconut and coriander to fried rice to create a comforting dish that tastes totally new. Top it with a chilli fried egg for a touch of decadence.

Pantry items

Olive Oil, Soy Sauce, 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 too.

You will need

Medium saucepan · Large frying pan
Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1½ cups	3 cups
basmati rice	1 packet	2 packets
vegetable stock	1 cube	2 cubes
carrot	1	2
capsicum	1	2
Asian greens	1 bunch	2 bunches
garlic	2 cloves	4 cloves
ginger	1 knob	2 knobs
coriander	1 bunch	1 bunch
spring onion	1 bunch	1 bunch
long red chilli (optional)	1	2
lime	½	1
shredded coconut	1 packet	2 packets
Thai red curry paste	½ tin (47.5g)	1 tin (95g)
soy sauce*	2 tbs	½ cup
chilli flakes (optional)	pinch	pinch
eggs*	2	4

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2280kJ (545Cal)	561kJ (134Cal)
Protein (g)	18.0g	4.4g
Fat, total (g)	15.8g	3.9g
- saturated (g)	8.8g	2.2g
Carbohydrate (g)	77.5g	19.0g
- sugars (g)	13.8g	3.4g
Sodium (g)	2110mg	518mg

Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Parcook the rice

In a medium saucepan, bring the **water** and **basmati rice** to the boil over a high heat. Crumble in the **vegetable stock** (**1 cube for 2 people / 2 cubes for 4 people**). Reduce the heat to medium and simmer, uncovered and stirring occasionally, until the rice is almost tender, **10 minutes**. Drain any excess water and set aside.

TIP: The rice will continue cooking in step 4!



2. Get prepped

While the rice is cooking, finely chop the **carrot** (unpeeled). Finely chop the **capsicum**. Roughly chop the **Asian greens**. Finely chop the **garlic** (or use a garlic press). Finely grate the **ginger**. Roughly chop the **coriander**. Thinly slice the **spring onion**. Thinly slice the **long red chilli** (if using). Zest the **lime** (see ingredients list) to get a **good pinch**, then slice into wedges.



3. Cook the veggies

Heat a large frying pan over a medium-high heat. Add the **shredded coconut** and toast, tossing, until golden, **2-3 minutes**. Transfer to a bowl. Return the frying pan to a high heat with a **drizzle of olive oil**. Add the **carrot** and **capsicum** and stir-fry until tender, **4-5 minutes**. Add the **Asian greens**, **garlic**, **ginger**, **lime zest** and **Thai red curry paste** (**1/2 tin for 2 people / 1 tin for 4 people**) and stir-fry until fragrant, **1-2 minutes**.



4. Add the rice

Add the **soy sauce** to the frying pan and stir to coat. Add the drained **rice** and cook, stirring, until tender, **2 minutes**. Remove the pan from the heat and stir through the toasted **coconut**, **spring onion**, **1/2 the coriander** and a **generous squeeze of lime juice**.



5. Fry the chilli eggs

In a medium frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add a **pinch of chilli flakes** (if using) and crack the **eggs** on top. Cook until the yolks are cooked to your liking, **4-5 minutes**.

TIP: This will give a soft yolk, fry for **6-7 minutes** to get a hard yolk.



6. Serve up

Divide the Thai-style fried rice between bowls and top each with a chilli fried egg. Garnish with the remaining coriander and the long red chilli (if using). Serve with the remaining lime wedges.

Enjoy!