



Cooking Made Easy



Lean Singapore Rice with Cashews and Bok Choi

Riding high on the crest of your feedback from his Singapore Laksa, Patrick has decided to take another trip to the hawker centres of the Far East for tonight's dinner. Like its slinky sibling Singapore Noodles, this dish has that wonderful clash of flavours from India and the Far East that we so love at the Fresh Farm. As ever, be careful you don't burn your nuts in the pan and go easy with the fish sauce - we recommend adding it bit by bit until the seasoning is just right.



45 min



level 2



spicy



lactose-free



gluten-free

Ingredients

	2P	4P
brown rice (g)	175	350
Roaming Roosters pork fillet	1	2
fresh peas (cups)	½	1
sweet chilli marinade (tbsp)	2	4
spring onions	2	4
bok choi	1	2
cashew nuts (tbsp) ¹	2	4
curry spice (tbsp)	½	1
red pepper	1	2
fish sauce (tbsp)	½	1

⊕ May feature in another recipe

* Good to have at home

Allergens

1) Nuts |

Nutrition per serving

Calories: 715 kcal,
Protein: 34 g, Carbs: 94 g,
Fat: 23g, Saturated Fat: 6g

Measuretool

0 cm 1 cm 2 cm
| | |



1 Boil a large pot of water with ½ tsp of salt for your rice. Rinse the rice under running water for 30 secs. Once the water is rapidly boiling add the rice and cook for around 25 mins. When the rice is 2 mins from done, add in the peas.

2 Meanwhile, chop the base from the bok choi and discard it. Very, very thinly chop the bok choi widthways (i.e. 'shred' it). Remove the core from the red pepper and chop half of it into little ½ cm cubes & slice the rest into ½ cm strips. Finely chop the spring onion widthways, separating the white and green parts.



3 Heat a frying pan on medium-high heat and add your cashew nuts. Toast them in the pan for a few mins until they are brown then remove. Our usual warning: watch them like a hawk as once they start to brown off they can burn quickly!

4 Chop your pork up into tiny bite-sized pieces for later. Put your feet up for a bit - the rest of the action happens when the rice is almost done.

5 Once the rice is ready you can drain the peas and rice together.



6 Heat 1 tbsp of oil in a pan on high heat ready for your pork. Once it's really hot fry off the pork with a good pinch of salt then remove once browned off. Add a bit more oil and cook the sliced red pepper, the whites of the spring onions and the bok choi. Cook for a few mins until they have browned off, then add back the pork and tip in the rice.



7 Toss the ingredients in the pan for about 5 mins to start browning off the rice. Make some space in the pan and add the curry powder with 2 tbsps of water and the sweet chilli marinade. Once the curry powder, water and chilli marinade are mixed toss everything together.

8 Now add the fish sauce bit by bit until the seasoning is just right. Stir in the greens of the spring onions, the cashew nuts and the remaining raw red