






More Than Food
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Super Food Stir-Fried Rice with Pistachios and Sweet Soy Sauce

Sir Isaac Newton, Vincent Van Gogh and Charles Darwin. All ridiculed during their lifetime, yet revered as geniuses in the years that followed. We think brown rice is similarly misunderstood. Often associated with the hardcore health fraternity, brown rice is certainly packed full of slow-burning wholegrain goodness, but moreover it's got a fantastic chewy nuttiness, that just makes every mouthful feel like you are nourishing your body from the inside out.

 35 mins

 lactose free

 veggie



Brown Rice



Green Pepper



Carrot



Green Beans



Spring Onion



Red Chilli



Pistachios



Almonds



Sesame Oil



Organic Sweetcorn




Sweet Soy Sauce



White Sesame Seeds

Ingredients

	2P	4P
Brown Rice	1 cup	2 cups
Green Pepper, chopped	1	2
Carrot, chopped	2	4
Green Beans, chopped	1 pack	2 packs
Spring Onion, chopped	2	3
Red Chilli, chopped	1 tsp	2 tsp
Pistachios 1	2 tbsp	4 tbsp
Almonds 1	2 tbsp	4 tbsp
Sesame Oil 2	½ tbsp	1 tbsp
Organic Sweetcorn	½ tin	1 tin
Sweet Soy Sauce 3, 4	1½ tbsp	3 tbsp
White Sesame Seeds 2	1 tsp	2 tsp

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Nut | **2)** Sesame
3) Gluten | **4)** Soya

Nutrition per serving: Calories: 685 kcal | Protein: 19 g | Carbs: 116 g | Fat: 22 g | Saturated Fat: 3 g

2



1 Boil a large pot of water with ¼ tsp of salt and pre-heat your oven to 180 degrees. Add your brown rice to the pot of boiling water and boil for around 20-25 mins. Once it is ready to eat, drain the rice and rinse it under cold water. **Tip:** *Fried rice is much better when you make it with cold rice.*

3



2 Remove the core from the pepper and finely chop it into tiny cubes (about ½cm). Peel and finely chop your carrots and cut the very top and bottom from the green beans. Chop the green beans into 1cm pieces. Finely chop the spring onions into little circles and separate the white parts from the green and chop as much chilli as you dare.

4



3 Once the oven is hot, put your pistachios and almonds in an oven proof dish. Put them on the top shelf of the oven for 3-5 mins until they are lightly browned. **Tip:** *Watch your nuts like a hawk as they can burn really easily.* Remove from the oven and keep to the side.

6



4 Heat the sesame oil and 2 tsp of olive oil in a large frying pan on medium heat. Once hot add in three quarters of the pepper, the carrot and the green beans. Add ¼ tsp of salt

and a few grinds of pepper. Cook for 5 mins, stirring/tossing constantly.

5 Once the rice is cooked, rinsed and thoroughly drained add it into your pan. Turn the heat to high and add in the whites of the spring onion and chilli. Add the drained sweetcorn and the sweet soy sauce. Cook for 8 mins, stirring once in a while.

6 **Tip:** *At this stage if you have a spare egg in the fridge you can add this as well.* Move all the ingredients to one side of the pan and crack the egg into the space. Once it starts to cook stir it with a wooden spoon. When it starts to look like scrambled eggs mix it into the rice!

7 Chop up and mix in your pistachios and almonds. Add in half the sesame seeds, the green parts of the spring onion and the remaining green pepper.

8 Check the seasoning and add more salt and pepper if you need to. Serve with a scattering of the remaining sesame seeds. **Tip:** *Best eaten with a spoon, or a pair of chopsticks if you fancy a challenge!*

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