

Fried Egg and Spicy Rice

with Green Beans, Green Pepper and Peanuts

CLASSIC 25 Minutes • Little Heat • 1.5 of your 5 a day • Veggie









Vegetable Stock Powder

Ground Turmeric





Basmati Rice





Green Pepper

Green Beans









Spring Onion









Ginger







Ketjap Manis







Salted Peanuts





Kuala Lumpur Style Spice



Before you start

Our fruit, veggies and herbs need a wash before vou use them!

Basic cooking tools, you will need:

Measuring Jug, Saucepan, Fine Grater and Frying Pan.

Ingredients

| | 2P | 3P | 4P |
|---------------------------------------|-----------------|-----------------|------------------|
| Water for the Rice* | 300ml | 450ml | 600ml |
| Vegetable Stock Powder 10) | 1 sachet | 2 sachets | 2 sachets |
| Ground Turmeric | 1 pot | 1 pot | 1 pot |
| Basmati Rice | 150g | 225g | 300g |
| Green Pepper** | 1 | 2 | 2 |
| Green Beans** | 1 small pack | 1 large pack | 2 small pacls |
| Carrot** | 1 | 1 | 2 |
| Spring Onion** | 1 | 2 | 2 |
| Coriander** | 1 bunch | 1 bunch | 1 bunch |
| Ginger** | ½ piece | ¾ piece | 1 piece |
| Lime** | 1/2 | 1 | 1 |
| Ketjap Manis 11) 13) | 1 sachet | 2 sachets | 2 sachets |
| Soy Sauce 11) 13) | 1 sachet | 1 sachet | 2 sachets |
| Kuala Lumpur Style Spice | 1 small pot | ¾ large pot | 1 large pot |
| Salted Peanuts 1) | 1 small pot | 1 large pot | 1 large pot |
| Eggs 8)** | 2 | 3 | 4 |
| *Not Included ** Ctore in the Fridge | | | |

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Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 425g | 100g |
| Energy (kJ/kcal) | 2301/550 | 542/130 |
| Fat (g) | 14 | 3 |
| Sat. Fat (g) | 3 | 1 |
| Carbohydrate (g) | 85 | 20 |
| Sugars (g) | 18 | 4 |
| Protein (g) | 22 | 5 |
| Salt (g) | 3.60 | 0.85 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

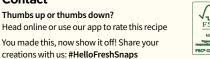
1) Peanut 8) Egg 10) Celery 11) Soya 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Cook the Rice

Pour the water for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add the stock powder and turmeric, stir in the rice, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



2. Prep the Veg

Halve the **pepper** and discard the core and seeds. Slice into thin strips. Trim the **green beans** then chop into thirds. Trim and grate the carrot. Trim the **spring onions** then slice thinly. Roughly chop the coriander (stalks and all). Peel and grate the ginger. Zest and quarter the limes.



3. Fry the Veg

Heat a drizzle of oil in a large frying pan on medium high heat. Once hot, add the green pepper and green beans, fry until softened, 4-6 mins. Add the ketjap manis, soy sauce, Kuala Lumper style spice and ginger. Let it bubble for 1-2 mins. TIP: Use less Kuala Lumper spice if you don't like it too spicy.



4. Finish off the Rice

Meanwhile, roughly chop the **peanuts**. Once the **rice** is cooked, add it to the pan with the **veg**. Once thoroughly mixed add the carrot and lime zest and heat through for 1-2 minutes. Season with salt and pepper to taste.



5. Fry the Egg

Serve the **rice** in bowls, cover with foil to keep warm and wipe out the pan. Return to a high heat and add a drizzle of oil. Crack your eggs into the pan and fry until the white of the egg is opaque and the yolk still has a wobble, 4-5 mins. TIP: Cook for a couple more mins if you prefer your yolk a little more cooked.



6. Serve up

Top each bowl of rice with a fried egg, sprinkle on the spring onion, coriander and the chopped peanuts. Serve with a wedge of lime for squeezing over.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.