



# Indonesian Style Veggie Nasi Goreng

with Chinese Greens, Pepper, Mushrooms and Peas

20

Classic 20 Minutes • Mild Spice • 2 of your 5 a day • Veggie



Basmati Rice



Bell Pepper



Chestnut Mushrooms



Chinese Leaf



Ginger, Garlic  
& Lemongrass Puree



Peas



Ketjap Manis



Soy Sauce



Sambal

**Pantry Items**

Egg



## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Kettle, saucepan, lid, sieve and frying pan.

## Ingredients

|                                      | 2P       | 3P         | 4P        |
|--------------------------------------|----------|------------|-----------|
| Basmati Rice                         | 150g     | 225g       | 300g      |
| Bell Pepper***                       | 1        | 2          | 2         |
| Chestnut<br>Mushrooms**              | 150g     | 225g       | 300g      |
| Chinese Leaf**                       | 120g     | 180g       | 240g      |
| Ginger, Garlic &<br>Lemongrass Puree | 15g      | 22g        | 30g       |
| Peas**                               | 120g     | 180g       | 240g      |
| Ketjap Manis <b>11)</b>              | 1 sachet | 1½ sachets | 2 sachets |
| Soy Sauce <b>11) 13)</b>             | 15ml     | 20ml       | 25ml      |
| Sambal                               | 15g      | 22g        | 30g       |
| Egg*                                 | 2        | 3          | 4         |

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

|                                | Per serving | Per 100g    |
|--------------------------------|-------------|-------------|
| <b>for uncooked ingredient</b> | <b>449g</b> | <b>100g</b> |
| Energy (kJ/kcal)               | 2052/490    | 457/109     |
| Fat (g)                        | 8           | 2           |
| Sat. Fat (g)                   | 2           | 1           |
| Carbohydrate (g)               | 84          | 19          |
| Sugars (g)                     | 18          | 4           |
| Protein (g)                    | 20          | 4           |
| Salt (g)                       | 2.84        | 0.63        |

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

11) Soya 13) Gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps


Head to [hellofresh.co.uk](https://www.hellofresh.co.uk) or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EQ

 You can recycle me!



## Cook the Rice

- Fill and boil your kettle.
- When boiling, pour it into a medium saucepan on high heat. Add the **rice**, bring back to the boil and cook for 12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



## Slice the Pepper

- While the **rice** cooks, halve the **pepper** and discard the core and seeds. Chop into 1cm chunks.
- Thinly slice the **mushrooms**.



## Veg Time

- Heat a drizzle of **oil** in a large frying pan on high heat.
- Once the **oil** is hot, add the **pepper** and **sliced mushrooms**. Stir-fry until starting to soften, 2-3 mins.
- Add the **Chinese leaf** and stir-fry for 2-3 mins.



## Finish the Rice

- When the **rice** is cooked and drained, transfer the **cooked veg** into the saucepan with the **rice**.
- Pop back on medium-high heat and add the **ginger, garlic & lemongrass puree** to the pan. Stir-fry until fragrant, 30 secs.
- Add the **peas, ketjap manis, soy** and **sambal** (add less **sambal** if you don't like heat).
- Cook for 2-3 mins, making sure the **rice** is fully coated in the **sauce**. Remove from the heat.



## Fry the Eggs

- If you are using an **egg**, fry it while the **rice** and **veg** cooks.
- Wipe out your (now empty) frying pan and put on medium-high heat with a drizzle of **olive oil**.
- Once hot, crack in the **eggs** (1 per person) and cook until the **egg white** is cooked and the **yolk** is the firmness you desire, 4-5 mins. Lower the heat as needed.



## Serve

- When everything is ready, spoon the **veggie fried rice** into your serving bowls.
- Top with the **fried egg** (if using).

## Enjoy!