

## **NICE 'N' SPICY GOLDEN RICE**

with Veggie Jewels

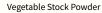




### **HELLO CORIANDER**

Know a coriander hater? Around 14% of people carry a gene which makes this herb taste soapy to them!







Basmati Rice



**Ground Turmeric** 



Green Beans





Red Pepper



Ginger



**Spring Onion** 



Coriander





Chilli Flakes



Ketjap Manis



Soy Sauce



Salted Peanuts











A rainbow of fresh vibrant colours, fragrance and flavours. Fluffy rice, green beans, red peppers and carrots made spicy with chilli flakes, ginger and lime zest and balanced with sweet ketjap manis and topped with coriander, peanuts and soy sauce. A vegetarian feast.

### **BEFORE YOU** = **START**

Our fruit and veggies need a little wash before you use them! Make sure you've got Saucepan (with a Lid), Coarse Grater, Fine Grater and Large Frying Pan. Now, let's get cooking!



**COOK THE RICE** Pour the **water** (see ingredient list for amount) into a saucepan over high heat. Stir in the **vegetable stock powder** and pour in the basmati rice and turmeric. Stir and bring to the boil, 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).



**GET PREPPED** While the **rice** is cooking, trim the **green** beans and chop them into three pieces. Halve the **red pepper**, remove the core and the seeds then thinly slice. Trim the carrot then grate on the coarse side of you grater (no need to peel), peel and grate the **ginger**. Trim the **spring onion** then thinly slice. Roughly chop the coriander (stalks and all). Zest the lime then cut in half.



**COOK THE VEG** Heat a drizzle of **oil** in a large frying pan over a medium high heat. Once hot, add the green beans and red pepper. Stir-fry for 5-6 mins or until the **pepper** is softened and the **beans** are slightly charred.



**FINISH THE VEGGIES** Add the spring onions, ginger, lime zest, and a tiny pinch of chilli flakes (you can add more later if you want to ramp up the heat!) into the pan. Stir together and cook for 1 minute, then pour in the ketjap manis and the soy sauce. Stir together and cook for 2 minutes, then remove from the heat.



MAKE THE DRIZZLE Mix the coriander with the olive oil (see ingredients for amount) in a small bowl. Squeeze in **half** the **lime juice** and a pinch of **pepper** and **sugar**. Mix together. Roughly crush the peanuts.



**FINISH AND SERVE** Fluff up the **rice** with a fork and stir it into the **veggie mixture** along with the grated carrot. Serve in bowls with the herby drizzle on top and a sprinkle of **peanuts**. Scatter some chilli flakes on top if you like things extra spicy! Enjoy!

# **INGREDIENTS**

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
	3001111	4501111	0001111
Vegetable Stock	½ sachet	¾ sachet	1 sachet
Powder 10)	150	225	200
Basmati Rice	150g	225g	300g
Ground Turmeric	½ pot	¾ pot	1 pot
Green Beans *	1 small	1 large	2 small
	pack	pack	packs
Red Pepper *	1	2	2
Carrot *	1	1	2
Ginger <b>*</b>	1	1	2
Spring Onion *	2	3	4
Coriander *	½ bunch	¾ bunch	1 bunch
Lime *	1	1	2
Chilli Flakes	a pinch	a pinch	a pinch
Ketjap Manis 11) 13)	1	1½	2
	sachet	sachets	sachets
Soy Sauce 11) 13)	1	1½	2
30y 3ddcc 11/13/	sachet	sachets	sachets
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Salted Peanuts 1) *	1 small	1 large	2 small
	bag	bag	bags

\*Not Included \* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 402G	PER 100G
Energy (kJ/kcal)	2232 /534	555/133
Fat (g)	16	4
Sat. Fat (g)	3	1
Carbohydrate (g)	82	20
Sugars (g)	19	5
Protein (g)	15	4
Salt (g)	3.07	0.76

Nutrition for uncooked ingredients based on 2 person recipe.

#### **ALLERGENS**

1) Peanut 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.

## THUMBS UP OR THUMBS DOWN?

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