

SWEET AND SOUR VEGGIES

with Lime & Coriander Rice







Pineapple Rings







Baby Corn





Spring Onion



Sweet Chilli Sauce



Sugar Snap Peas



Steamed Lime & Coriander Basmati Rice



Sesame Seeds

15 mins





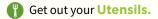
Rapid recipe



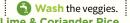
Veggie

This 15-minute dish is the ultimate quick fix for the days when you're totally rushed off your feet. In this recipe, Chef Jesse has included pineapple to give a really lovely sweetness to the dish that works perfectly with the rich umami sauce. Served in big bowlfuls of steaming rice, and topped with white sesame seeds and chopped spring onion, this dish proves that big flavours can come together in no time at all.





Get out your Utensils. and Sour Veggies with Lime & Coriander Rice.





DO THE PREP

- a) Drain the pineapple rings (reserve the juice!) and chop into bite-sized pieces.
- b) Halve the pepper and discard the core and seeds. Chop into small pieces. Halve the baby corn lengthways.
- c) Trim the spring onion then finely slice.



2 MAKE THE SAUCE

a) In a small bowl, combine the ketchup, soy sauce, sweet chilli sauce and 2 tbsp pineapple juice per person. Set aside.



3 START FRYING

- a) Heat a drizzle of oil in a large frying pan or wok on medium-high heat.
- b) Add half the spring onion, the pepper, pineapple, baby corn and sugar snap **peas** and stir-fry until starting to soften, 3-4 mins.



GET SAUCY

a) Pour the sauce you made in step 2 into the pan, stir and bubble until thick and glossy, 2 mins.



5 COOK THE RICE

a) Meanwhile, cook the rice according to pack instructions.



6 SERVE

- a) Stir half the sesame seeds through the **veggies** then remove the pan from the heat.
- b) Serve the rice in bowls with the sweet and **sour veggies** spooned over the top.
- c) Finish with a scattering of the remaining spring onions and sesame seeds.

ENJOY!

INGREDIENTS

	2P	3P	4P
Pineapple Rings	1 tin	1½ tins	2 tins
Red Pepper *	1	1	2
Baby Corn 🌞	1 pack	1½ packs	2 packs
Spring Onion *	2	3	4
Ketchup 10)	1	1½	2
Soy Sauce 11) 13)	sachet 1 sachet	sachets 1½ sachets	sachets 2 sachets
Sweet Chilli Sauce	1 sachet	1½ sachets	2 sachets
Sugar Snap Peas *	1 pack	1½ packs	2 packs
Steamed Lime & Coriander Basmati Rice	1 pouch	1½ pouches	2 pouches
Sesame Seeds 3)	1 small sachet	1 small sachet	1 large sachet

* Store in the Fridge

NUTRITION PER JNCOOKED INGREDIENT	PER SERVING 454G	PER 100G
Energy (kJ/kcal)	1644/393	363 /87
Fat (g)	7	2
Sat. Fat (g)	2	1
Carbohydrate (g)	69	15
Sugars (g)	28	6
Protein (g)	11	3
Salt (g)	2.58	0.57

Nutrition for uncooked ingredients based on 2 person recipe.

3) Sesame 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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