



UCOOK

Mushroom & Pineapple Fried Rice

with edamame beans & sesame seeds

This colourful dish marries the sweetness of pineapple, the kick of fresh chilli, the earthiness of mushrooms, and a savoury Asian sauce to create a unique, fried Fiesta!

Hands-on Time: 10 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Kate Gomba

 Veggie

 Leopard's Leap | Unwooded Chardonnay

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Ingredients & Prep

100ml	Jasmine Rice <i>rinsed</i>
10g	Cashew Nuts
125g	Button Mushrooms <i>cut into quarters</i>
1	Red Onion <i>½ peeled & roughly diced</i>
20g	Pickled Bell Peppers <i>drained & roughly chopped</i>
100g	Pineapple Pieces <i>drained</i>
10g	Fresh Ginger <i>peeled & grated</i>
1	Garlic Clove <i>peeled & grated</i>
1	Fresh Chilli <i>deseeded & finely sliced</i>
50g	Edamame Beans
35ml	Asian Sauce <i>(20ml Low Sodium Soy Sauce, 10ml Rice Wine Vinegar & 5ml Sesame Oil)</i>
5ml	Black Sesame Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. FLUFFY RICE Place the rinsed rice in a pot. Submerge in 225ml of salted water, pop on a lid, and place over a medium-high heat. Once boiling, reduce the heat and simmer for 10 minutes until most of the water has been absorbed. Remove from the heat and steam with the lid on for 10 minutes until cooked. Drain if necessary, fluff up with a fork, and cover to keep warm until serving.

2. TOASTY, NUTTY GOODNESS While the rice is simmering, place a nonstick pan (large enough for the rice) over medium heat with the cashew nuts. Toast for 3-5 minutes until browned, shifting occasionally. Remove from the pan and roughly chop.

3. MAKE THOSE MUSHIES GOLDEN Return the pan to a medium-high heat with a drizzle of oil. When hot, add the quartered mushrooms and fry for 4-5 minutes until soft and golden, shifting as they colour. Remove from the pan and season.

4. A PARTY ON YOUR PALATE! Return the pan to medium-high heat with a drizzle of oil. When hot, add the diced onion and the pepper pieces and fry for 4-5 minutes until soft, shifting occasionally. Add the drained pineapple pieces, the grated ginger, the grated garlic and ½ the sliced chilli (to taste). Fry for 1-2 minutes until fragrant, shifting constantly. Add the cooked rice, the edamame beans, the cooked mushrooms, and the Asian sauce. Simmer for 1-2 minutes until warmed through.

5. IT'S A FRIED FIESTA Make a bed of the loaded rice. Top with the toasted cashew nuts, the sesame seeds, and the remaining chilli (to taste). Well done, Chef!

Nutritional Information

Per 100g

Energy	414kJ
Energy	99kcal
Protein	3.1g
Carbs	17g
of which sugars	4g
Fibre	2g
Fat	2.2g
of which saturated	0.3g
Sodium	152mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Tree Nuts, Soy

Cook
within 3
Days