

UCCOOK

Bacon Fried Rice

with corn, black sesame seeds & spring onion

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Simple & Save: Serves 3 & 4

Chef: Rhea Hsu

Wine Pairing: Neil Ellis Wines | Neil Ellis West Coast
Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	858.4kJ	4712.7kJ
Energy	205.3kcal	1127kcal
Protein	7.4g	40.9g
Carbs	21g	115.4g
of which sugars	2.7g	14.8g
Fibre	2.2g	12.3g
Fat	10.3g	56.7g
of which saturated	3g	16.2g
Sodium	372.6mg	2045.5mg

Allergens: Gluten, Sesame, Wheat, Soya, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	Jasmine Rice <i>rinse</i>
12 strips	16 strips	Streaky Pork Bacon
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
360g	480g	Carrot <i>rinse, trim, peel & roughly dice</i>
150g	200g	Corn
90ml	125ml	Black Sesame Seeds
2	2	Spring Onions <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
60ml	80ml	Sesame Soy <i>(45ml [60ml] Low Sodium Soy Sauce & 15ml [20ml] Sesame Oil)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (Salt & Pepper)
Water
Egg/s (optional)
Paper Towel
Butter (optional)

1. HAVE A RICE DAY Place the rice in a pot. Submerge in 600ml [800ml] of salted water, pop on a lid, and place over medium-high heat. Once boiling, reduce the heat and simmer for 10 minutes or until all the water has been absorbed. Remove from the heat and steam with the lid on for 10 minutes until tender. Fluff up with a fork and set aside.

2. BRING HOME THE BACON Place a pan over medium-high heat. When hot, add the bacon slices and fry until crispy, 1-2 minutes per side. Drain on paper towel, then roughly chop into bite-sized pieces.

3. CRACK ON WITH THIS STEP If you would like to add scrambled egg to your meal, crack 3 [4] eggs into a bowl. Season and whisk until fully combined. Return the pan to a medium-high heat with a drizzle of oil and knob of butter (optional). When hot, add the onion, the carrot, the corn, the sesame seeds, and the spring onion whites. Fry until slightly softened, 4-5 minutes (shifting occasionally). Add the whisked egg (if using) and fry until cooked through and scrambled, 1-2 minutes (shifting constantly). Add the rice and the chopped bacon, and pour over the sesame-soy. Mix until combined and season.

4. VERY NICE LOADED RICE Plate up a generous portion of the bacon and black sesame fried rice. Garnish with the spring onion greens. Enjoy, Chef!