



UCOOK

Bacon Fried Rice

with corn, black sesame seeds & spring onion

A mouthwatering medley of jasmine rice, fried onion, crunchy carrots, sweet pops of corn, sesame seeds, and, of course, salty & delicious bacon. Opt to add egg for a scrambled sensation!

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Rhea Hsu

 ***NEW Simple & Save**

 **Waterkloof | False Bay Chenin Blanc**

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Ingredients & Prep

100ml	Jasmine Rice <i>rinsed</i>
1	Onion
120g	Carrot
1	Spring Onion
4 strips	Streaky Pork Bacon
50g	Corn
30ml	Black Sesame Seeds
25ml	Sesame Soy <i>(20ml Low Sodium Soy Sauce & 5ml Sesame Oil)</i>

From Your Kitchen

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

1. NICE RICE Place the rinsed rice in a pot with 200ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. DICE & SLICE Roughly dice ½ the onion. Rinse, trim and roughly dice the carrot. Rinse & finely slice the spring onion, keeping the white and green parts separate.

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

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

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

Nutritional Information

Per 100g

Energy	730kj
Energy	174kcal
Protein	5.4g
Carbs	23g
of which sugars	2.8g
Fibre	2.4g
Fat	6.7g
of which saturated	1.6g
Sodium	343mg

Allergens

Gluten, Allium, Sesame, Wheat, Soy

Cook
within
4 Days