



UCOOK

Chicken Fried Rice

with pickled peppers & charred green beans

Quick and easy weeknight dinner! Fried rice with caramelised chicken mince, pickled peppers and fresh basil. Coated in a Thai sweet chilli sauce and sided with charred green beans. Simply scrumptious!

Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

♥ Health Nut

🍷 Warwick Wine Estate | First Lady Chardonnay

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Ingredients & Prep

75ml	Brown Basmati Rice
10g	Cashew Nuts
100g	Green Beans <i>rinsed & trimmed</i>
1	Onion <i>peeled & finely sliced</i>
150g	Free-range Chicken Mince
1	Garlic Clove <i>peeled & grated</i>
40ml	CarbSmart Sweet Chilli Sauce
20ml	Thai Sauce <i>(7,5ml Fish Sauce, 7,5ml Low Sodium Soy Sauce & 5ml Lime Juice)</i>
4g	Fresh Basil <i>rinsed & roughly chopped</i>
50g	Pickled Bell Peppers <i>drained & thinly sliced</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. FLUFFY RICE Rinse the rice and place in a pot over a medium-high heat. Submerge in 300ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

2. TOASTY NUTS Place the cashews in a pan or wok over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan and roughly chop.

3. CHARRED BEANS Once the rice is cooked, return the pan or wok to a high heat with a drizzle of oil. When hot, fry the trimmed beans for 2-3 minutes until lightly charred. Season to taste, remove from the pan, and cover to keep warm.

4. ALL TOGETHER NOW Return the pan or wok to a medium-high heat with a drizzle of oil. When hot, add the sliced onion and fry for 3-4 minutes until softened, shifting occasionally. Add the mince and work quickly to break it up as it starts to cook. Allow to caramelise for 5-6 minutes until browned, stirring occasionally. In the final 1-2 minutes, add the grated garlic and 10ml of a sweetener of choice, and fry until fragrant, shifting constantly. Add the cooked rice, the sweet chilli, the Thai sauce, ½ the chopped basil, and the sliced peppers. Mix until combined and fry for a further 2-3 minutes until heated through.

5. TIME TO DINE Plate up the loaded rice, side with charred beans and sprinkle over the toasted cashew nuts and the remaining basil. Well done Chef!

Chef's Tip

For the rice, keep the lid on for the entire cooking and steaming time, only checking if necessary. This will ensure you get that perfect, nutty texture!

Nutritional Information

Per 100g

Energy	517kJ
Energy	124Kcal
Protein	7.8g
Carbs	15g
of which sugars	3g
Fibre	2.4g
Fat	3.7g
of which saturated	0.9g
Sodium	375mg

Allergens

Gluten, Allium, Wheat, Sulphites, Sugar Alcohol (Xylitol), Fish, Tree Nuts, Soy

Cook
within 2
Days