



# 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!

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**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 2 People


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**Chef:** Rhea Hsu

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 **\*NEW Simple & Save**

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 **Waterkloof | False Bay Chenin Blanc**

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## Ingredients & Prep

|          |  |
|----------|--|
| 200ml    | Jasmine Rice<br><i>rinsed</i>  |
| 1        | Onion  |
| 240g     | Carrot   |
| 1        | Spring Onion   |
| 8 strips | Streaky Pork Bacon   |
| 100g     | Corn   |
| 60ml     | Black Sesame Seeds   |
| 50ml     | Sesame Soy<br><i>(40ml Low Sodium Soy<br/>Sauce &amp; 10ml 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 400ml 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 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 2 eggs 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 eggs (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