

U&COOK

Bacon Fried Rice

with corn, black sesame seeds & spring onion

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Simple & Save: Serves 1 & 2

Chef: Rhea Hsu

Wine Pairing: Zevenwacht | Zeven Rosé

Nutritional Info

	Per 100g	Per Portion
Energy	853kJ	4724kJ
Energy	204kcal	1130kcal
Protein	7.5g	41.3g
Carbs	21g	116g
of which sugars	2.7g	14.8g
Fibre	2.2g	12.3g
Fat	10.2g	56.7g
of which saturated	2.9g	16.2g
Sodium	399mg	2210mg

Allergens: Gluten, Allium, Sesame, Wheat, Soy

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Jasmine Rice <i>rinse</i>
4 strips	8 strips	Streaky Pork Bacon
1	1	Onion <i>peel & roughly dice ½ [1]</i>
120g	240g	Carrot <i>rinse, trim, peel & roughly dice</i>
50g	100g	Corn
30ml	60ml	Black Sesame Seeds
1	1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
25ml	50ml	Sesame Soy <i>(20ml [40ml] Low Sodium Soy Sauce & 5ml [10ml] Sesame Oil)</i>

From Your Kitchen

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

1. HAVE A RICE DAY Place the rice in a pot. Submerge in 200ml [400ml] 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 1 [2] egg/s 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, 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 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 & black sesame fried rice. Garnish with the spring onion greens. Enjoy, Chef!