



U C O O K

— COOKING MADE EASY

Fusion Fried Rice

with streaky bacon, kimchi & edamame beans

This snazzy version's got flavour AND health benefits! Both gochujang and kimchi go through a fermentation process, so this dish is full of probiotic goodness. You've also got the option to finish off with a fried egg for that real fried rice feel.

Hands-On Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha Finnegan

 **Easy Peasy**

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Ingredients & Prep

75ml	Brown Basmati Rice
5ml	Mixed Sesame Seeds
65g	Button Mushrooms
3 strips	Streaky Bacon
10g	Fresh Ginger <i>peeled & grated</i>
1	Garlic Clove <i>peeled & grated</i>
1	Spring Onion <i>thinly sliced</i>
60g	Kimchi <i>roughly chopped</i>
15ml	Low Sodium Soy Sauce
15ml	Gochujang Paste
100g	Shredded Cabbage & Julienne Carrot
50g	Edamame Beans

From Your Kitchen

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

1. BUBBLE THE BASMATI 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 set aside to steam for a further 10 minutes.

2. SEEDS & PREP Place a pan or wok over a medium heat. When hot, toast the sesame seeds for 2-4 minutes until the white ones are lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool. Gently wipe the mushrooms with damp cloth or paper towel to remove any dirt and roughly slice.

3. SHROOMS & BACON Return the pan or wok to a medium-high heat with a drizzle of oil. When hot, fry the mushrooms for 3-5 minutes until soft and golden, shifting as they colour. Remove from the pan on completion, season, and set aside. Return the pan to the heat and fry the bacon strips for 3-4 minutes per side until crispy. Remove on completion and allow to drain on paper towel. Roughly chop when cool enough to handle.

4. A HEALTHY GUT When the rice is cooked, drain if necessary and fluff up with a fork. Return the pan or wok to a medium-high heat with another drizzle of oil. When hot, fry the grated ginger and garlic, and three-quarters of the sliced spring onion for 1-2 minutes until softened, shifting constantly. Add the rice and half of the chopped kimchi. Toss through the soy sauce and gochujang to taste. Fry for 2-3 minutes until combined, tossing constantly. Add the cabbage and carrot, edamame beans, mushrooms, and three-quarters of the chopped bacon. Continue to toss for 2-3 minutes until the cabbage is wilted but still crunchy. Season to taste and remove from the heat.

5. OPTIONAL FRIED EGG Place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, crack in an egg and fry until cooked through to your preference. We like the yolk runny and the white just set! Remove from the heat and season.

6. READY A BOWL! Serve up some spicy fried rice and scatter over the remaining bacon and kimchi to taste. Top with the fried egg (if used) and sprinkle over the remaining spring onion. Finally, garnish with the toasted sesame seeds. The stuff dreams are made of!



Chef's Tip

The making of kimchi involves a process called lacto-fermentation, which uses *Lactobacillus* bacterium to break down sugars into lactic acid. This greatly improves shelf-life and gives kimchi its impressive probiotic content!

Nutritional Information

Per 100g

Energy	644kJ
Energy	154Kcal
Protein	7.3g
Carbs	17g
of which sugars	2.9g
Fibre	3.2g
Fat	6.6g
of which saturated	1.9g
Sodium	397mg

Allergens

Allium, Sulphites, Sesame, Wheat, Soy, Gluten, Sugar Alcohol (Xylitol)

Cook
within 2
Days