

# UCCOOK

## Bacon Fried Rice

with corn, black sesame seeds & spring onion

**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

**Simple & Save:** Serves 3 & 4

**Chef:** Rhea Hsu

**Wine Pairing:** Neil Ellis Wines | Neil Ellis West Coast  
Sauvignon Blanc

### Nutritional Info

|                    | Per 100g  | Per Portion |
|--------------------|-----------|-------------|
| Energy             | 858.4kJ   | 4712.7kJ    |
| Energy             | 205.3kcal | 1127kcal    |
| Protein            | 7.4g      | 40.9g       |
| Carbs              | 21g       | 115.4g      |
| of which sugars    | 2.7g      | 14.8g       |
| Fibre              | 2.2g      | 12.3g       |
| Fat                | 10.3g     | 56.7g       |
| of which saturated | 3g        | 16.2g       |
| Sodium             | 372.6mg   | 2045.5mg    |

**Allergens:** Gluten, Sesame, Wheat, Soya, Allium

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 3  | [Serves 4] |                                                                                                      |
|-----------|------------|------------------------------------------------------------------------------------------------------|
| 300ml     | 400ml      | Jasmine Rice<br><i>rinse</i>                                                                         |
| 12 strips | 16 strips  | Streaky Pork Bacon                                                                                   |
| 2         | 2          | Onions<br><i>peel &amp; roughly dice 1½ [2]</i>                                                      |
| 360g      | 480g       | Carrot<br><i>rinse, trim, peel &amp; roughly dice</i>                                                |
| 150g      | 200g       | Corn                                                                                                 |
| 90ml      | 125ml      | Black Sesame Seeds                                                                                   |
| 2         | 2          | Spring Onions<br><i>rinse, trim &amp; finely slice, keeping the white &amp; green parts separate</i> |
| 60ml      | 80ml       | Sesame Soy<br><i>(45ml [60ml] Low Sodium Soy Sauce &amp; 15ml [20ml] Sesame Oil)</i>                 |

## From Your Kitchen

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

**1. HAVE A RICE DAY** Place the rice in a pot. Submerge in 600ml [800ml] 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 3 [4] eggs 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, 4-5 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 and black sesame fried rice. Garnish with the spring onion greens. Enjoy, Chef!