



UCCOOK

Vibrant Veggie Nasi Goreng

with pickled red peppers, jasmine rice & fresh lime

Try our take on a traditional nasi goreng! Originally from Indonesia, this version is packed with pickled red peppers, green cabbage, spring onions, and pak choi. Swirled in a dressing of soy sauce and sesame oil and topped with crispy onions and fresh chilli.

Hands-On Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

 Vegetarian

 Robertson Winery | Chardonnay

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Ingredients & Prep

75ml	Jasmine Rice
100g	Pak Choi <i>trimmed at the base</i>
1	Onion <i>½ peeled & roughly diced</i>
1	Garlic Clove <i>peeled & grated</i>
1	Fresh Chilli <i>deseeded & finely chopped</i>
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
100g	Cabbage <i>thinly sliced</i>
50g	Pickled Bell Peppers <i>drained</i>
10ml	Sweet Indonesian Soy Sauce
5ml	Sesame Oil
1	Lime <i>½ zested & cut into wedges</i>
20ml	Crispy Onions

From Your Kitchen

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

1. THE NICEST RICE Rinse the rice and place in a pot over a medium-high heat. Submerge in 225ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 10 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. PERKY PAK CHOI Separate the leaves of the trimmed pak choi and rinse well. Finely slice the stems and set aside. Slice the green, leafy parts in half lengthways, keeping them separate from the stems.

3. FRY AWAY Place a pan or wok over a medium-high heat with a drizzle of oil. When hot, add the diced onion and the sliced pak choi stems. Fry for 3-4 minutes until soft and translucent, shifting occasionally. Add the grated garlic, ½ the chopped chilli (to taste), and the spring onion whites. Fry for 1 minute, until fragrant, shifting constantly. Add the sliced cabbage and fry for 2-3 minutes, until slightly softened. Remove from the heat and cover to keep warm.

4. OPTIONAL EGG Place a nonstick pan over a medium-high heat with a drizzle of oil. Crack in 1 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.

5. NASI GORENG MOMENT To the pot of cooked rice, add the cooked cabbage mix, the pak choi leaves, the pickled peppers, the soy sauce, the sesame oil, seasoning and 5ml of a sweetener of choice. Mix until fully combined and the pak choi leaves have slightly wilted.

6. A DINNER DELIGHT! Bowl up a heaping helping of the nasi goreng. Top with the fried egg (if using). Sprinkle over the spring onion greens, the lime zest, the remaining chopped chilli (to taste) and the crispy onions. Serve with a lime wedge on the side. Beautiful, Chef!



Chef's Tip

We suggest using a wok for this recipe if you have one. The best thing about a wok is that it distributes heat more evenly and so requires less oil. It also ensures that food tossed during stir frying lands back in the pan and not all over the stove!

Nutritional Information

Per 100g

Energy	468kj
Energy	112Kcal
Protein	2.2g
Carbs	18g
of which sugars	3.7g
Fibre	1.7g
Fat	2.9g
of which saturated	0.6g
Sodium	196mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy

Cook
within
4 Days