



# UCOOK

## Chicken Fried Rice

**with pickled peppers & charred green beans**

Quick and easy weeknight dinner! Fried rice with caramelised chicken mince, pickled peppers and fresh basil. Coated in a Thai sweet chilli sauce and sided with charred green beans. Simply scrumptious!

---

**Hands-On Time:** 20 minutes

**Overall Time:** 35 minutes

---

**Serves:** 2 People

---

**Chef:** Kate Gomba

---

♥ Health Nut

---

🍷 Warwick Wine Estate | First Lady Chardonnay

---

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

|       |                                                                                         |
|-------|-----------------------------------------------------------------------------------------|
| 150ml | Brown Basmati Rice                                                                      |
| 20g   | Cashew Nuts                                                                             |
| 200g  | Green Beans<br><i>rinsed &amp; trimmed</i>                                              |
| 1     | Onion<br><i>peeled &amp; finely sliced</i>                                              |
| 300g  | Free-range Chicken Mince                                                                |
| 1     | Garlic Clove<br><i>peeled &amp; grated</i>                                              |
| 80ml  | CarbSmart Sweet Chilli Sauce                                                            |
| 40ml  | Thai Sauce<br><i>(15ml Fish Sauce, 15ml Low Sodium Soy Sauce &amp; 10ml Lime Juice)</i> |
| 8g    | Fresh Basil<br><i>rinsed &amp; roughly chopped</i>                                      |
| 100g  | Pickled Bell Peppers<br><i>drained &amp; thinly sliced</i>                              |

## From Your Kitchen

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

**1. FLUFFY RICE** Rinse the rice and place in a pot over a medium-high heat. Submerge in 500ml 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 steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

**2. TOASTY NUTS** Place the cashews in a pan or wok over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan and roughly chop.

**3. CHARRED BEANS** Once the rice is cooked, return the pan or wok to a high heat with a drizzle of oil. When hot, fry the trimmed beans for 2-3 minutes until lightly charred. Season to taste, remove from the pan, and cover to keep warm.

**4. ALL TOGETHER NOW** Return the pan or wok to a medium-high heat with a drizzle of oil. When hot, add the sliced onion and fry for 3-4 minutes until softened, shifting occasionally. Add the mince and work quickly to break it up as it starts to cook. Allow to caramelise for 6-7 minutes until browned, stirring occasionally. In the final 1-2 minutes, add the grated garlic and 20ml of a sweetener of choice, and fry until fragrant, shifting constantly. Add the cooked rice, the sweet chilli, the Thai sauce, ½ the chopped basil, and the sliced peppers. Mix until combined and fry for a further 2-3 minutes until heated through.

**5. TIME TO DINE** Plate up the loaded rice, side with charred beans and sprinkle over the toasted cashew nuts and the remaining basil. Well done Chef!



## Chef's Tip

For the rice, keep the lid on for the entire cooking and steaming time, only checking if necessary. This will ensure you get that perfect, nutty texture!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 517kJ   |
| Energy             | 124Kcal |
| Protein            | 7.8g    |
| Carbs              | 15g     |
| of which sugars    | 3g      |
| Fibre              | 2.4g    |
| Fat                | 3.7g    |
| of which saturated | 0.9g    |
| Sodium             | 375mg   |

## Allergens

Gluten, Allium, Wheat, Sulphites, Sugar  
Alcohol (Xylitol), Fish, Tree Nuts, Soy

Cook  
within 2  
Days