



Product Spotlight: Sesame Seeds

These tiny delicious seeds are full of essential fatty acids, protein, phytonutrients and many essential vitamins and minerals.



F4 Korean-Style Chicken Fried Rice

Nutty red rice tossed through stir-fried diced chicken breast, veggies and Ugly Mug's ramen marinade for deep and rich flavour!

 25 minutes

 4 servings

 Chicken

21 October 2022

Spice it up!

If you're feeling adventurous, substitute the ground chilli with gochujang, black bean paste or miso paste. Alternatively, you can omit the ground chilli and add tomato paste for a milder dish.

Per serve: **PROTEIN** 43g **TOTAL FAT** 15g **CARBOHYDRATES** 83g

FROM YOUR BOX

RED RICE	1 packet (300g)
SPRING ONIONS	1 bunch
DICED CHICKEN BREAST	600g
CARROT	1
BABY WOMBOK CABBAGE	1
GINGER	40g
RAMEN MARINADE	1 tub (100g)
MIXED SESAME SEEDS	1 packet (20g)

FROM YOUR PANTRY

sesame oil, pepper, ground chilli, soy sauce (or tamari)

KEY UTENSILS

large frypan, saucepan

NOTES

Omit chilli if desired.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15-20 minutes until tender. Drain and rinse.



2. BROWN THE CHICKEN

Heat a large frypan over medium-high heat with **sesame oil**. Chop spring onions (reserve green tops for garnish). Add to pan along with chicken and cook, stirring occasionally, for 5-7 minutes until chicken begins to brown.



3. ADD THE VEGETABLES

Julienne or grate carrot. Finely slice cabbage. Add to pan as you go. Cook, stirring occasionally, for 5 minutes.



4. PREPARE THE SAUCE

Peel and grate ginger. Add to a bowl with ramen marinade, **1/4 tsp chilli** (see notes), and **2 tbsp sesame oil**. Whisk to combine.



5. TOSS THE RICE

Add cooked rice and prepared sauce to chicken. Toss until well combined. Season with **1 tbsp soy sauce** and **pepper**.



6. FINISH AND SERVE

Divide fried rice among bowls. Garnish with reserved spring onion green tops and sesame seeds.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

