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DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Cabbage

Cabbage, broccoli, cauliflower, kale and Brussels sprouts all come from the same plant species! Over generations, they were bred to highlight different parts of the plant, from leaves and stems to flower buds.

Japanese Garlic Fried Rice

with Bacon

Garlicky fried rice loaded with savoury bacon, buttery sweet corn and colourful vegetables, tossed through a Japanese-style ramen sauce.

25 minutes | 4/6 servings | Pork

Add some extras!

You can stir scrambled eggs through this fried rice for extra protein! Garnish with some fried shallots if you have some.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	19g	18g	66g

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
GINGER	1 piece	2 pieces
RAMEN MARINADE	100ml	2 x 100ml
SPRING ONIONS	1 bunch	2 bunches
SHREDDED CABBAGE	250g	2 x 250g
RED CAPSICUM	1	2
CORN COB	1	2
DICED BACON	250g	250g + 125g
GARLIC CLOVES	2	3
SEAWEED SNACK	1 packet	2 packets

FROM YOUR PANTRY

sesame oil, butter, salt, pepper

KEY UTENSILS

large frypan or wok, saucepan

NOTES

The butter adds a lovely sweet and nutty flavour to the fried rice. If preferred, you can leave the butter out and use extra sesame oil instead.

We used ground white pepper to flavour this dish.

You can easily cut the seaweed snack into strips using kitchen scissors.

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1. COOK THE RICE

Place **rice** in a saucepan, cover with **600ml water**. Bring to a boil. Cover with a lid and reduce to lowest heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

6P - use 900ml water for the rice.



2. PREPARE THE SAUCE

Peel and grate the **ginger**. Combine with **ramen marinade.**



3. PREPARE THE VEGETABLES

Slice **spring onions** (reserve tops for garnish) and dice **capsicum**. Remove **corn** from **cob**. Set aside with **shredded cabbage**.



4. COOK THE STIR-FRY

Heat a large frypan or wok over medium-high heat with **1-2 tbsp sesame oil** and **1 tbsp butter** (see notes). Add **bacon** and **prepared vegetables.** Crush in **garlic** and cook for 6-8 minutes until softened.

6P - use 2 tbsp butter.



5. TOSS THE RICE

Increase heat to high. Toss in **rice** and **prepared sauce**. Cook for 2-3 minutes until excess liquid evaporates. Season with **salt and pepper** to taste (see notes).

6P - use sauce to taste.



6. FINISH AND SERVE

Slice **seaweed snack** (see notes). Garnish **fried rice** with **seaweed snack** and **spring onions.**

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