



Product Spotlight: Sugar snap peas


Sugar snap peas look like shelling peas, but their pod is edible and filled with sweet juicy seeds. These pods are 5-8cm long, and the seeds are rounder than snow peas.




Hawaiian Rice

with Ham

A delicious tropical fried rice with ham, pineapple, sweet corn and capsicum all tossed with a ginger-soy sauce.

 20 minutes

 4 servings

 Pork

Switch it up!

*Are you cooking for fussy eaters?
Make it fun by serving the pineapple
and fresh vegetables on the side for
everyone to choose their toppings!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	15g	18g	87g

FROM YOUR BOX

BASMATI RICE	300g
GINGER	1 piece
PINEAPPLE PIECES	1 tin
BROWN ONION	1
HAM	1 packet (180g)
RED CAPSICUM	1
CORN COBS	2
SUGAR SNAP PEAS	1 bag (150g)

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce, tomato sauce

KEY UTENSILS

large frypan or wok, saucepan with lid

NOTES

You can use sesame oil in this dish for added flavour!

Save any leftover pineapple to blend into smoothies or for pizza toppings.



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Cover with a lid, cook on lowest heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. PREPARE THE SAUCE

Peel and grate ginger. Combine 1/3 cup pineapple juice from tin (set pineapple aside), **1-2 tbsp tomato sauce**, **2 tbsp soy sauce** and **2 tbsp oil** (see notes). Set aside.



3. COOK ONION AND BACON

Heat a large frypan or wok over medium-high heat with **oil**. Dice and add onion. Slice and add ham, cook for 3-4 minutes.



4. ADD THE VEGETABLES

Dice capsicum, remove corn kernels from cob and drain pineapple. Add to pan as you go and cook for a further 3-4 minutes.



5. TOSS THE RICE

Add cooked rice to pan along with prepared sauce. Cook, tossing until well combined. Season with **soy sauce** and **pepper** to taste.



6. FINISH AND SERVE

Trim and halve sugar snap peas. Scatter on top of rice and serve at the table.



Scan the QR code to submit a Google review!

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**

