




Product Spotlight: Cashews


Cashews contain more iron than any other nut. They are ranked highly for their healthy, heart-friendly monounsaturated fats, which can help increase the good cholesterol in the blood.



K2 Cashew Fried Rice with Chilli Jam

Mild chilli jam from Turban Chopsticks adds a flavourful kick to this fried rice topped with toasted soy cashews and charred Asian greens.

 25 minutes

 2 servings

 Plant-Based

17 June 2022

Bulk it up!

Fried rice is an easy dish to bulk up if you need to feed extras or would like lunch the next day. Add any vegetables (cauliflower, corn, celery, broccoli) you may have in the fridge and increase the amount of chilli jam.

Per serve: **PROTEIN** 18g **TOTAL FAT** 23g **CARBOHYDRATES** 54g

FROM YOUR BOX

BROWN RICE	150g
RAW CASHEWS	1 packet (80g)
BROWN ONION	1
CARROT	1
RED CAPSICUM	1
ASIAN GREENS	2 bulbs
BEAN SHOOTS	1 packet
CHILLI JAM	1 jar

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce or tamari, garlic (2 cloves)

KEY UTENSILS

large frypan x 2 (or wok), saucepan

NOTES

We used sesame oil for added flavour but any other neutral oil would work fine!

You can use any leftover chilli jam to make a dressing, in a toasted sandwich or to marinate tofu.



1. COOK THE RICE

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



2. TOAST THE CASHEWS

Heat a frypan (or wok) over medium–high heat with oil (see notes). Add cashews and cook for 1–2 minutes until starting to colour. Add **1/2 tbsp soy sauce** and cook for a further minute. Remove, keeping pan over heat.



3. SAUTÉ THE VEGETABLES

Add more oil to the frypan. Slice onion, dice (or grate) carrot and capsicum. Add to pan as you go. Crush and add **1 clove garlic**. Cook for 3–4 minutes.



4. COOK THE GREENS

Heat a second frypan over medium–high heat with oil. Halve and rinse Asian greens. Add to pan with **1 crushed garlic clove**, **1/2 tbsp soy sauce** and **pepper**. Cook for 2–3 minutes or until just tender. Remove from heat.



5. TOSS THE RICE

Add rice and 1/2 bag bean shoots to pan with vegetables. Toss with **1–2 tbsp chilli jam** (or use to taste). Season to taste with **pepper** and **soy sauce** (1/2–1 tbsp).



6. FINISH AND SERVE

Serve fried rice and greens into bowls. Scatter over cashews and top with remaining fresh bean shoots.

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**

