



ASIAN JEWELLED RICE















with a Coriander Drizzle



HELLO CORIANDER

Know a coriander hater? Around 14% of people carry a gene which makes this herb taste soapy to them!



-  Vegetable Stock Powder
-  Basmati Rice
-  Turmeric
-  Green Beans
-  Red Pepper
-  Carrot
-  Ginger
-  Spring Onion
-  Coriander
-  Lime
-  Chilli Flakes
-  Ketjap Manis
-  Soy Sauce
-  Sesame Seeds

MEAL BAG

-  30 mins
-  3 of your 5 a day
-  Little heat

 Veggie

A rainbow of fresh vibrant colours, fragrance and flavours. Fluffy rice, green beans, red peppers and carrots made spicy with chilli flakes, ginger and lime zest and balanced with sweet ketjap manis and topped with coriander, peanuts and soy sauce. A vegetarian feast.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug, Large Saucepan** (with a **Lid**), **Coarse Grater, Fine Grater** and **Large Frying Pan**. Now, lets get cooking!



1 COOK THE RICE

Pour the **water** (see ingredients for amount) into a large saucepan over high heat. Stir in the **stock powder** and add the **basmati rice** and **turmeric**. Stir and bring to the boil, Lower the heat to medium and pop a lid on the pan. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins or until ready to serve. **★ TIP:** *The rice will finish cooking in its own steam.*



2 GET PREPPED

While the **rice** is cooking, trim the stalky tops from the **green beans** and chop them into three pieces. Halve, then remove the core from the **pepper** and thinly slice. Top and tail the **carrot** then grate on a coarse grater (no need to peel). Peel and finely grate the **ginger**. Remove the root and thinly slice the **spring onion**. Roughly chop the **coriander** (stalks and all). Zest the **lime** then cut in half.



3 STIR-FRY THE VEGGIES

Heat a drizzle of **oil** in a large frying pan over a medium high heat. Once hot, add the **green beans** and **red pepper**. Stir-fry for 5-6 mins or until the **pepper** is softened and the **beans** are slightly charred.



4 FINISH THE VEGGIES

Add the **spring onion, ginger, lime zest**, and a tiny pinch of **chilli flakes** (you can add more later if you want to ramp up the heat!) into the pan. Stir together and cook for 1 minute, then pour in the **ketjap manis** and **half the soy sauce**. Stir together and cook for 2 minutes, then remove from the heat.



5 MAKE THE DRIZZLE

Mix the **coriander** with the **olive oil** (see ingredients for amount) in a small bowl. Squeeze in **half the lime juice**, the remaining **soy sauce**, a grind of **pepper** and a pinch of **sugar** (if you have some). Mix together.



6 COMBINE AND SERVE

Fluff up the **rice** with a fork and stir it into the **veggie mixture** along with the **grated carrot**. Serve in bowls with the **herby drizzle** on top and a sprinkling of **sesame seeds**. Scatter some **chilli flakes** on top if you like things extra spicy! **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water*	300ml	450ml	600ml
Vegetable Stock Powder (10)	½ pot	1 pot	1 pot
Basmati Rice	150g	225g	300g
Turmeric	¾ tsp	¾ tsp	¾ tsp
Green Beans	1 pack	1 pack	2 packs
Red Pepper	1	2	2
Carrot	1	1	2
Ginger	1 piece	1 piece	2 pieces
Spring Onion	2	3	4
Coriander	½ bunch	1 bunch	1 bunch
Lime	1	1	2
Chilli Flakes	a pinch	a pinch	a pinch
Ketjap Manis (11)(13)	1 sachet	1½ sachets	2 sachets
Soy Sauce (11)(13)	2 sachets	2 sachets	4 sachets
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Sesame Seeds (3)	25g	40g	50g

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 420G	PER 100G
Energy (kcal)	541	129
(kJ)	2264	539
Fat (g)	17	4
Sat. Fat (g)	3	1
Carbohydrate (g)	82	20
Sugars (g)	22	5
Protein (g)	15	4
Salt (g)	4.77	1.14

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

3) Sesame 10) Celery 11) Soya 13) Gluten

🧼 *Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.*

👍 THUMBS UP OR THUMBS DOWN?

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