

Hello Chef!

STIR FRIED RICE

with Pineapple and Double Sprouts



A lovely crunchy rice meal with the the perfect sweetness of pineapple. Enjoy!

COOKING TIME: 40 MIN

CALS 566 | PROT 15.9G | CARBS 96.7G | FAT 11G



TIPS FOR FUSSY EATERS

Serve the rice with a boiled egg and some pineapple on the side.

PRO TIP

Although very sweet, Pineapple adds the perfect element to savory dishes, giving them a luscious component to counterbalance heat. Try with a spicy meat stir fry or on the BBQ with chili butter.

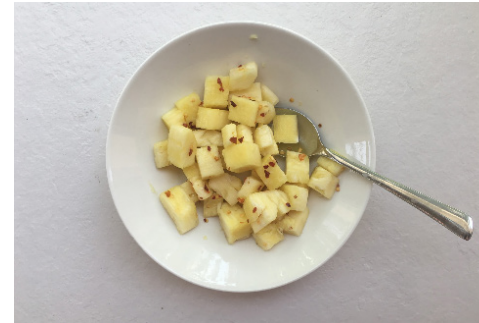
INGREDIENTS

	FOR 2	FOR 3	FOR 4
Brown Rice	200g	300g	400g
Brussel Sprouts	200g	300g	400g
Spring Onion	25g	37g	50g
Pineapple	100g	150g	200g
Ginger	30g	45g	60g
Chili flakes	2g	3g	4g
Coconut oil	10g	15g	20g
Bean sprouts	100g	150g	200g
Soy sauce	15ml	22ml	30ml
Lime	2	2	3
Coriander	10g	15g	20g
Red chili	1	1	1



1 COOK RICE

Pour the **rice** in a pot and use the rice water ratio 1:2.5. Season the **water** with a pinch of **salt**. Bring **water** to boil after which, cover with a lid and lower the heat to enable a gentle simmer for 25 minutes. Stir occasionally to make sure it doesn't burn.



2 RINSE AND CHOP

Rinse and slice the **Brussel sprouts** thinly. Chop the **spring onion** and **coriander**. Peel and grate the **ginger**. Pour the grated **ginger** and **chili flakes** on the **pineapple**, mix well.



3 FRY AND TOSS

In a large pan or wok, heat the **coconut oil**. Toss in the **Brussel sprouts** and **spring onions**. Fry, tossing the items on the pan using a spatula for 3 minutes. Add the **rice** and mix well. Then add the **bean sprouts** and **pineapple** (and any juice that has collected). Fry for another 2 minutes, then add the **soy sauce**, squeezed **lime juice** and half of the chopped **coriander**.



4 SERVE

Transfer the stir fry into bowls and top with the remaining **coriander** and freshly chopped **chili**.

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