



NASI GORENG

Preparation Time

15 minutes

Cooking Time

15 minutes

Serves

6

Ingredients:

3 cups cooked long grain rice
1 tbsp honey
2 tbsp tamari or soy sauce
1 tbsp sweet chilli sauce
1 tbsp oil
1 onion, thinly sliced
2 garlic cloves, crushed
1/2 tsp chilli sambal
1 carrot, peeled, finely chopped
250g chicken or pork mince optional
4 shallots, thinly sliced
1/8 small wombok, finely shredded

To serve:

2 eggs
1 cucumber seeded and diced
2 tbsp crispy fried shallots

Preparation:

Combine honey, soy sauce and sweet chilli sauce in a bowl and set aside.

Heat oil in a wok over high heat. Add onion, garlic, sambal, and carrot. Stir-fry for 1 minute or until fragrant and onion is translucent.

Add chicken or pork to wok. Stir-fry for 2 to 3 minutes or until starting to brown.

Add cooked rice, honey and soy mix, shallots and wombok. Stir-fry for 5 minutes or until rice is heated through.

Mix eggs, cook in lightly oiled frypan (as you would an omelette). Remove from heat. Finely shred egg and cool.

Serve nasi goreng, topped with shredded cooked eggs, sliced cucumber, crispy shallots and chillies (optional).

**Nasi Goreng literally means
“fried rice” in Indonesian.**

Nutritional tip:

Sambal is a low sodium alternative to standard bottled chilli sauces.

Fight food waste:

Got excess vegetables sitting in your fridge? Stir fry them in with this recipe!