

Nasi Goreng

with Fried Egg and Traditional Salad

hellóchef

Nasi Goreng is a traditional Indonesian fried rice dish, topped with a fried egg.

Cals 715 • Prot 66 • Carbs 97 • Fat 11

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🕒 cook: 30 min

R3154



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Nasi goreng	2 ppl	3 ppl	4 ppl	
Chicken breast	400	500	600	Grams
Basmati rice	150	225	300	Grams
Salt	0.5	1	1	Tsp
Water	300	450	600	ML
Brown onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Vegetable oil	1	2	2	Tbsp
Sambal oelek	10	20	20	Grams
Green peas	100	150	200	Grams
Soy sauce 9* , 10* , 11*	10	15	20	ML
Dark soy sauce 9* , 10* , 11*	20	30	40	ML
Oyster sauce 8* , 10*	20	30	40	Grams
To serve				
Tomatoes	1	2	2	Piece
Cucumber	1	2	2	Piece
Organic Eggs 5*	2	3	4	Piece
Crispy onions	20	30	40	Grams
Chilli flakes	2	2	2	Grams

Allergens

***9 Soya, *10 Wheat, *11 Gluten, *8 Molluscs, *5 Eggs**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide and Celery.**

Nutritional information

	Per Serving*
Energy (kJ/kcal)	2991 / 715
Fat (g)	11
of which saturates (g)	3.2
Carbohydrate (g)	97
of which sugars (g)	13.3
Fiber (g)	5.7
Protein (g)	65.7
Salt (g)	5.5

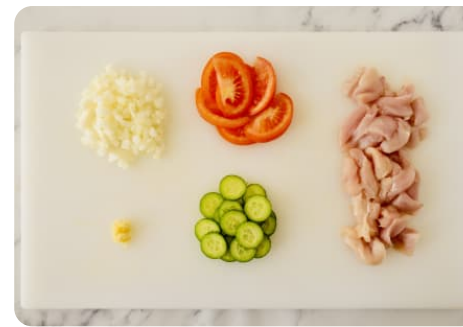
*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Boil rice

Rinse the **basmati rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, spread the **rice** over a baking tray and allow to cool and dry out.

Tip! This recipe works best with cold rice that's been cooked the day before! Simply cook the rice, store in the fridge and then add it to the stir fry the next day.



2 Prep

Meanwhile, peel and finely chop the **onion**. Peel and mince the **garlic**. Slice the **tomato** into wedges. Slice the **cucumber**. Chop the **chicken** into bite-sized pieces.



3 Fry base

Heat a large pan over a medium-high heat with a drizzle of **oil**. Add the **onion** with a pinch of **salt** and cook for 5 min until softened. Add the **garlic** and **sambal oelek (spicy!)** and fry for 1 min further. Add the **chicken** pieces. Fry for 5-7 min until golden.



4 Finish rice

Add the cooled **rice**, **green peas**, both **soy sauces**, and **oyster sauce** and fry for 3 min, making sure the **rice** is well coated.



5 Fry eggs

Heat a second non-stick pan with a drizzle of **oil** over a medium heat. Once hot, crack the **eggs** into the pan and fry for 2-4 min or until done to your liking. For a set **egg yolk**, cover the pan with a lid.



6 Serve

Divide the **fried rice** between bowls and top each bowl with a **fried egg**. Garnish with the **crispy onions** and a pinch of **chilli flakes (spicy!)** and serve the **tomato** and **cucumber** to the side.