



Nasi Goreng

Prep: 25 mins
Cook: 25 mins
Serves 4 - 6

Ingredients

300g Palmier Surinam Long Grain Rice
3 tbsp vegetable oil
4 large eggs, beaten
100g fine green beans, cut in half
2 chicken breasts, cut into small even chunks
180g pack large raw peeled prawns, cut in half
200g shallots, thinly sliced
20g garlic, finely chopped
2 medium-hot red chilies, deseeded and finely chopped
1 red bird's-eye chili, sliced
1 medium carrot, thinly sliced
1 quantity Balinese spice paste (see recipe in 'goes well with')
1 tbsp tomato purée
1 tbsp ketjap manis (Indonesian sweet soy sauce)
1 tbsp light soy sauce
8 spring onions, thinly sliced

To serve

½ cucumber, sliced
2 medium tomatoes, sliced
4 tbsp crispy fried onions
prawn cracker

Method

Step 1

Put the rice in a medium heavy-based saucepan and add 520ml water. Quickly bring to the boil, stir once and cover with a tight-fitting lid. Reduce the heat to low and cook for 10 mins. Uncover, fluff up with a fork and spread over a tray. Set aside to cool.

Step 2

Meanwhile, heat 1 tbsp oil in a large frying pan over a medium heat. Pour in the beaten egg and, as it begins to cook, use a spatula to bring large flakes of cooked egg into the middle of the omelet. Continue to cook like this for a couple of mins, then leave the rest of the egg to set completely. Flip the omelet over and transfer to a plate to cool before cutting it into long, thin shreds.

Step 3

Drop the beans into a pan of boiling salted water and cook for 3 mins. Drain, refresh under cold water and set aside.

Step 4

Heat the remaining oil in a wok or large, deep frying pan until almost smoking. Add the chicken and prawns, and stir-fry for 1 min. Tip in the shallots, garlic, chilies and carrots, and stir-fry for a further 2 mins until the carrot is just tender. Add the spice paste and stir-fry for 1 min more. Add the tomato purée, ketjap manis, cooked rice and green beans, and stir-fry over a high heat for 2 mins. Add the soy sauce, spring onions and shredded omelet, and toss together.

Step 5

Spoon the nasi goreng onto warmed plates. Overlap the cucumber and tomato on the side of each plate, sprinkle over the crispy fried onions and serve with prawn crackers.



Nutrition: per serving

Kcal: 442
Fat: 15g
Saturates: 2g
Carbs: 45g
Sugars: 7g
Fiber: 5g
Protein: 28g
Salt: 1.3g