

Broccoli & cauliflower fried 'rice' & chicken bowls



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Preparation 30 mins | Cooking 20 mins | Serves 4

- 2 bunches broccolini, roughly chopped
- 600g cauliflower florets (about ½ large cauliflower)
- ¼ cup peanut oil
- 4 free-range eggs, at room temperature
- 4 long red chillies (leave whole)
- 400g chicken tenderloins, trimmed and cut into 2cm pieces
- 3 green onions (shallots), trimmed and thinly sliced + extra to serve
- 2 garlic cloves, finely chopped
- 150g green beans, cut into 3cm lengths
- 2 tbs kecap manis + extra to serve
- 1 cup trimmed bean sprouts
- ½ cup coriander leaves
- chopped roasted peanuts, to serve

STEP 1 Preheat oven to 100°C fan-forced. Using a food processor, pulse broccolini and cauliflower in batches until it resembles rice. Set aside.

STEP 2 Heat 1 tbs oil in a wok over high heat. Fry eggs one at a time until crisp at the edges and whites are set. Transfer to a tray and keep warm in the oven. Add another 1 tbs oil to wok and fry chillies for 1-2 minutes until crisp. Transfer to the tray and keep warm in the oven.

STEP 3 Heat remaining 1 tbs oil in the wok over high heat. Add chicken and stir-fry for 2-3 minutes until white and sealed. Transfer to a plate. Add green onions, garlic and beans to wok and stir-fry for 1 minute. Toss through broccolini and cauliflower 'rice' and stir-fry for 2-3 minutes until just tender. Drizzle with kecap manis and toss to combine.

STEP 4 Spoon into serving bowls. Top each with an egg and a fried chilli. Sprinkle with bean sprouts, coriander and extra green onions. Serve with chopped roasted peanuts and extra kecap manis.