KIKKOMAN

Fried rice with broad beans & soy sauce

Total time **60 mins** **30 mins** preparation time **30 mins** cooking time

INGREDIENTS

10 portion(s)

For the rice:

400 g	wholegrain rice
20 ml	sesame oil

For the vegetable sauce:

900 g	broad beans (can be frozen)
2 g	salt
200 g	pak choi (or beet greens / radish leaves)
500 g	sugar snap peas
120 g	mung bean sprouts
5 g	black peppercorns
300 g	red onion, peeled and sliced into long wedges
25 g	garlic, peeled and chopped
10 g	gochujang paste
30 g	white sesame seeds
6 g	chilli flakes
10 g	sugar
100 ml	dry red wine
100 ml	Kikkoman Naturally Brewed Less Salt Soy Sauce
400 ml	vegetable stock
5 g	potato starch (optional)

For garnishing:

5 g	herbs for garnish (e.g. coriander or parsley)

PREPARATION

Step 1

Cook the rice according to the instructions on the packet, then set aside to cool for about 25 minutes.

Step 2

Heat 10 ml of sesame oil in a non-stick pan and fry the rice for about 10 minutes.

Step 3

Blanch the broad beans in salted boiling water for 3 minutes. Drain, then cool in cold water and remove the skins.

Step 4

Wash and dry the pak choi or radish leaves. Blanch the sugar snap peas and mung bean sprouts in boiling water for about 10 seconds, then cool in cold water.

Step 5

Roast the peppercorns in a dry pan until they start to smell intensely, then crush coarsely in a mortar.

Step 6

Heat the remaining 10 ml of sesame oil in a pan, add the onion and garlic and fry for 3 minutes. Add the gochujang paste, peppercorns, sesame, chilli flakes and sugar and fry for another 2 minutes. Add the wine and Kikkoman Less Salt Soy Sauce and bring to the boil. Add the vegetable stock,

broad beans, peas, pak choi leaves and mung bean sprouts. Cook for 5 minutes once it begins to boil. If the dish is too runny, you can thicken it slightly with potato starch.

Step 7

Reheat the fried rice, spoon into bowls and top with the vegetable sauce. Garnish with the herbs and serve immediately.