



Indonesian Nasi Goreng

This is really worth a try if you fancy something spicy and umami. It can be made with or without Chicken. I've added notes on how to make the veggie option and also subs for some of the Asian ingredients if your can't get them. I've made it twice in a week! one with veggies and one with Chicken.

Serves: 4, Prep time: 00:15, Cook time: 00:15

Instructions

In a small bowl, combine the chicken and 1 teaspoon of Kecap manis.

Make a sauce by combining the 2 extra tablespoons of Kecap manis with the soy sauce.

Heat the vegetable oil in a wok over high heat. Add the onion and chili and stir-fry for 30 seconds. Then add in the garlic and stir fry for another few seconds. Push all the aromatics to the side and add the chicken into the centre of the wok. Spread the chicken out and allow it to cook on one side. Then stir-fry for another 3 minutes or until the chicken is just cooked. Move the ingredients to the side again and add the extra teaspoon of oil. Then add the shrimp paste and move

Ingredients

- 200 grams Chicken Thighs, Thinly slices (7 oz)
- 3 tablespoon Kecap manis, 1 for marinade & 2 for sauce
- 2 tablespoon Light soy sauce
- 1 Onion, Diced into small pieces
- 1 Red chili, long, finely chopped
- 3 Garlic, cloves, finely chopped
- 0.5 teaspoon Shrimp paste, or fermented beans
- 1 Cucumber, sliced
- 1 Tomato, whole, raw, sliced
- 1 tablespoon Sambal oelek, to serve

it around in the oil to dissolve it a little before stir-frying and mixing it through the remaining ingredients. Add the rice and the soy sauce mixture and stir-fry until well combined. Crumble in the stock cube and mix until combined. Remove from heat and divide among serving bowls.

Top the rice with a crispy egg and serve with cucumber, tomato and sprinkle over the fried shallots. Serve with sambal oelek.

Notes:

Sambal olek is a chili paste that can be found in the Asian aisle at most supermarkets or from an Asian grocery store. If you can not find it use Sriracha sauce.

You can make this veggie by leaving out the chicken and add in some veg like red pepper and mushroom finely chopped. You can sub the shrimp paste for Thai yellow bean sauce, Chinese black bean sauce or miso, which is also a fermented sauce and vegetarian.

The first time I did this I did not have shrimp paste so used a little Thai fish sauce. For the Kecap manis I used a combination of light and dark soy sauce plus runny honey.

Health benefits:

According to [marksdailyapple.com](https://www.marksdailyapple.com), shrimp paste has been shown to curb dental erosion and harden softened enamel.

Soy sauce is an anti-inflammatory, anti-oxidant and aids digestion.

Chilis can reduce blood pressure, burn fat and have loads of Vit C.

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