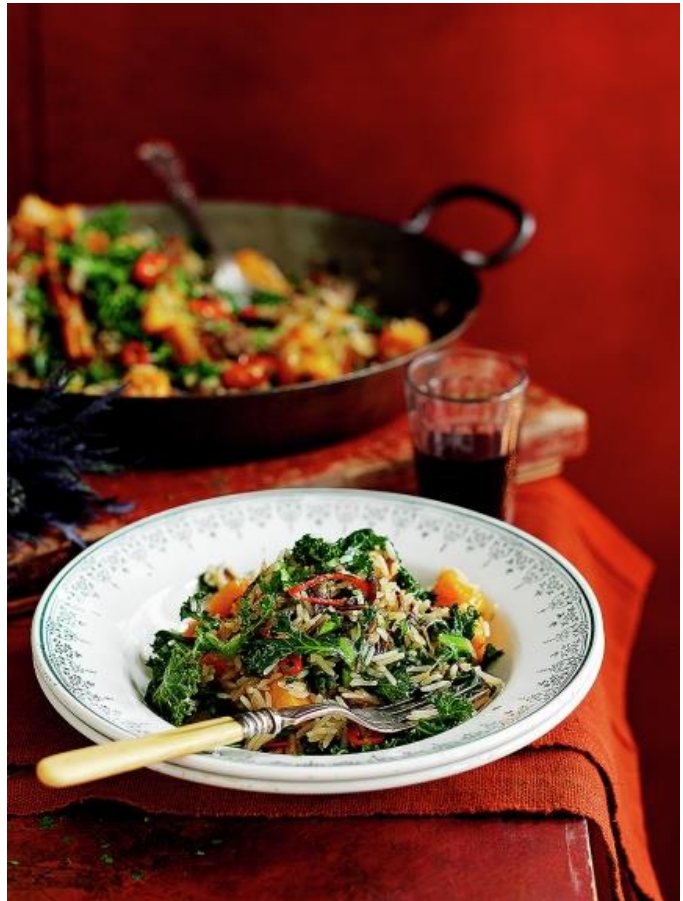


## Fried rice with kale, squash and chestnuts

### Ingredients

- 200 g mixed basmati and wild rice
- 1 onion
- 1 medium squash or pumpkin
- 1-2 fresh red chillies
- 150 g cooked chestnuts
- 2 cloves of garlic
- 200 g curly kale
- 1 bunch of flat-leaf parsley
- olive oil
- 1 stick of cinnamon
- 2 cloves



### Method

1. Rinse, then cook the rice according to the packet instructions. Drain, rinse with cold water and set aside.
2. Peel and finely slice the onion. Peel, deseed and cut the squash or pumpkin into 2 to 3cm chunks. Finely slice the chillies, removing the seeds and pith, if you like it milder.
3. Roughly chop the chestnuts, peel and finely slice the garlic and roughly chop the kale. Pick and roughly chop the parsley.
4. Heat a splash of oil in a large lidded frying pan over a medium heat and fry the onion for 5 minutes, until beginning to soften.
5. Tip in the squash or pumpkin, chillies, cinnamon and cloves, then add a splash of water. Cover and cook for 10 minutes, stirring occasionally, until the squash begins to soften.
6. Remove the lid, add the chestnuts and cook for another 5 minutes. Stir in the garlic, cooked rice and kale, season and cook, uncovered, for 5 minutes, until the rice has a caramelised base and the squash is cooked through.
7. Whack up the heat for a couple of minutes, stirring the rice and letting the bottom crisp up even more. Remove from the heat and sprinkle over the parsley.

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