

# One Pan Nasi Goreng Tray Bake



Preparation time: 40 mins

Serves: 4 people

User Rating: ★★★★★

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A tray bake is an easy lunch or dinner idea but we've spiced our one up to make it a One Pan Nasi Goreng Tray Bake. Say goodbye to the mountain of dishes in the sink and hello to easy midweek meals the whole family will love.



## Ingredients

- 4 eggs
- 2 tbsp vegetable oil
- 500g chicken thigh fillet, cut into 4cm pieces
- 1 brown onion, halved lengthways, thinly sliced
- 2 garlic cloves, crushed
- 2 tbsp kecap manis (sweet soy sauce)
- 1 tbsp salt-reduced soy sauce
- 1 tbsp sweet chilli sauce
- 1 tsp sambal oelek

- 2 cups long-grain rice
- 4 cups (1L) chicken stock
- 12 medium green prawns, peeled, deveined
- 2 green onions, thinly sliced
- 1 large Lebanese cucumber, thinly sliced diagonally
- 250g cherry tomatoes, halved
- 2 tbsp roasted peanuts, roughly chopped
- Coriander sprigs, to serve

## Method

1. Preheat oven to 180°C. Heat oil in a large ovenproof frying pan over a medium heat. Add chicken and cook for 10 minutes or until well browned. Add onion and garlic and cook for 3 minutes or until softened. Add kecap manis, salt-reduced soy sauce, chilli sauce, sambal oelek and rice. Stir until well combined. Pour in stock and bring to the boil.
2. Remove from heat and cover with foil. Place ovenproof pan in oven and bake for 20 minutes.
3. Add prawns to the mixture. Then make 4 indentations into the rice and break an egg carefully into each indent. Cover with foil again and bake for a further 10 minutes or until the egg whites are just cooked. Remove from oven and rest, covered, for 10 minutes. Top with onion, cucumber, tomatoes, peanuts and coriander to serve.

## Notes

Recipe created using the Solidteknics 30cm AUS-ION™ Bigga Pan.