



Healthy Fried Rice



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MACRONUTRIENTS

- 2 CUPS COOKED BROWN RICE, QUINOA OR CAULIFLOWER RICE
- 2 TABLESPOONS COCONUT OIL
- 2 EGGS - BEATEN

MICRONUTRIENTS

- 1 SMALL BROWN ONION - FINELY DICED
- 2 CARROTS - FINELY DICED
- 1 CUP GREEN VEGETABLES - BROCCOLI, SPINACH, KALE
- 2 CUPS OF OTHER VEGETABLES (CABBAGE, CAPSICUM, PEAS) - FINELY DICED
- 1 TABLESPOON MINCED GINGER
- 2 TABLESPOON MINCED GARLIC
- 3 SHALLOTS - SLICED
- 1 TABLESPOON GLUTEN-FREE SOY SAUCE
- 1 TEASPOON SESAME OIL
- 1 TEASPOON DRIED CHILLI FLAKES OR SRIRACHA SAUCE (OPTION)

OPTIONAL EXTRAS

- POACHED CHICKEN BREAST - CUT INTO SLICES
- TINNED TUNA - DRAINED
- TOFU - CUT INTO 1CM CUBES
- PRAWNS - WHOLE OR DICED (NOT TOO MANY)

- ENSURE ALL OF YOUR INGREDIENTS ARE PREPARED BEFORE YOU BEGIN COOKING.

- IN A LARGE FRY PAN OR SAUCEPAN HEAT A FEW DROPS OF WATER OVER HIGH HEAT. WHEN YOU ADD MORE DROPS AND THEY QUICKLY EVAPORATE YOU PAN IS READY FOR COOKING. THIS WILL BE VERY HOT! BE CAREFUL.

- ADD 1 1/2 TEASPOONS OF OIL AND SWIRL AROUND THE BOTTOM OF THE PAN.

- ADD EGGS AND SWIRL AROUND TO COAT THE BOTTOM OF THE PAN. ALLOW TO COOK UNTIL THEY ARE SLIGHTLY SET. YO MAY NEED TO STIR OR GENTLY FLIP THEM. TRANSFER EGGS TO A BOWL.

- RETURN THE PAN TO THE HEAT. ADD REMAINING OIL. COOK ONION AND CARROT. COOK UNTIL SOFT. APPROXIMATELY 3 TO 5 MINUTES.

- ADD REMAINING VEGETABLES. COOK FOR A FURTHER 3 TO 5 MINUTES, OR UNTIL THEY HAVE SOFTENED TO DESIRED TEXTURE.

- ADD MINCED GINGER AND GARLIC. COOK FOR 1 MINUTE.

- STIR THROUGH CHILLI FLAKES (IF USING).

- STIR THROUGH COOKED EGG, BROKEN INTO SLICES.

NUTRITION INFORMATION

- MACRONUTRIENTS - COMPLEX CARBOHYDRATES, PROTEIN & HEALTHY FATS - BROWN RICE, QUINOA, COCONUT OIL OR EGGS.
- MICRONUTRIENTS - VEGETABLES
- BE MINDFUL OF THE AMOUNT OF SOY SAUCE USED. TOO MUCH CAN SIGNIFICANTLY INCREASE YOUR SODIUM (SALT) LEVELS