

BEAN SPROUTS FRIED RICE

serves 1

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INGREDIENTS

Long grain white rice	100g, cooked
Green bean sprouts	100g
Cabbage	50g, shredded
Garlic	1 tsp, chopped
Ginger	1 tsp, chopped
Spring onion greens	1tbsp, chopped
Salt	½ tsp
Black pepper powder	½ tsp
Olive oil	1tbsp
Sesame oil	1tbsp

NUTRITION INFORMATION per serving

Energy	414kcal
Protein	7g
Carbohydrate	38g
Total Fat	28g
Dietary fibre	4g
Sugars	6g
Sodium	17mg
Carbohydrate exchange:	2.5 exchanges

METHOD OF PREPARATION

1. Heat olive oil and sesame oil in a wok, add finely chopped garlic and ginger and sauté well.
2. Add chopped spring onions and shredded cabbage and sauté for 2 minutes.
3. Add green bean sprouts and sauté for 1 minute.
4. Add salt, black pepper powder, and sauté.
5. Finally, add the rice and gently mix well with the vegetables for 2 minutes.