



This Rice is Nice!

QUICK & EASY PINEAPPLE RICE

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Serves 2

INGREDIENTS

- 2 slices pineapple, cubed
- 2 tsp corn oil
- 2 cups cooked rice
- ¼ cup prawns, deshelled
- 1 chicken breast, skinless, cubed
- 2 shallots, sliced
- ¼ cup frozen peas
- 1 tbsp light soya sauce
- ¼ tsp ground nutmeg
- 1 dash rice wine (optional)

METHOD

1. Heat wok with oil, dry shallots until fragrant.
2. Add in prawns, chicken breast and stir-fry for 5 minutes.
3. Add in pineapple and fry for another 5 minutes.
4. Lastly, add in peas and cooked rice. Mix well.
Season with light soy sauce, nutmeg and rice wine.
Serve hot.



Nutrient Analysis Per Serving	
Energy	468 Kcal
Carbohydrate	78g
Protein	23g
Fat	7g
Saturated fat	1.2g
Cholesterol	78g
Dietary fibre	4.5g

Carbohydrate Exchanges = ~ 5 exchanges