



NASI KUNING SERVES 4

by Chef Yen Koh

ingredients

- 180g FairPrice White Rice
- 70g FairPrice Brown Rice
- 1 tbsp canola oil
- 1 tbsp turmeric powder
- 2 tbsp coriander powder
- 1 tbsp garlic
- 1 tbsp peppercorn
- 1 pandan leaf
- 3/4 cup low-fat evaporated milk
- salt to taste
- 2 cups water
- 200g canned tuna flakes, unsalted
- 50g tomatoes, diced
- 50g green peas
- 1 tbsp raisin/sultanas
- 1 tbsp almond flakes
- 3 lime leaves, finely chopped
- 2 tbsp lemon grass, chopped



method of preparation

1. Wash the rice and drain.
2. Heat the oil in a non-stick wok. Stir-fry rice, turmeric, coriander, garlic, lemon grass and lime leaves.
3. Transfer to rice cooker. Add peppercorns, pandan leaf, salt, low-fat evaporated milk and water. Then bring to boil with the lid uncovered.
4. Stir to mix. Cover rice cooker and let it simmer till cooked.
5. Fold in the tuna, diced tomatoes and green peas while the rice is hot.
6. Garnish with raisins, almond flakes, lime leaves and lemon grass.
7. Serve hot.



Use more water when cooking wholegrains, as wholegrains absorb more water than refined grains.



Use fresh ingredients, herbs and spices or low sodium seasonings as flavour enhancers.



Vegetables such as tomatoes, corn, peas and mushrooms are good sources of glutamate and act as natural flavour enhancers.

HOT TIPS

NUTRITION INFORMATION per serving:

Energy (1 kcal = 4.2kJ)	412kcal
Protein	20.1g
Total fat (g and % of total calories)	6.2g (14.6%)
Saturated fat	1.1g
Cholesterol	17mg
Carbohydrate	62g
Dietary Fibre	3.0g
Sodium	485mg

A simple way of creating this recipe is to cook the rice first and mix the other solid ingredients while the rice is still warm.

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