



TIME POOR VEGGIE FRIED RICE

 5 portions

INGREDIENTS

- 1 Serve of traditional Stirfry Mix (Coles) [185 g]
- 1 cup of peas and corn, frozen, unprepared [134 g]
- 1 Family Packet of brown Rice Microwavable [450 g]
- 1 tbsp of soy sauce [tamari] [18 g]
- 1 tbsp of Kecap Manis [18 g]
- 2 tbsps of fish sauce, [36 g]
- 1 tsp, pepper, white [2 g]
- 1 tsp of Chinese Five Spice, ground [2 g]
- 3 large eggs[150 g]

COOKING METHOD

- 1° Add ingredients in the above order in an oiled pan on high heat, constantly sauteing (wok style).
- 2° When your about to place the eggs in, push all other ingredients aside and let eggs partially fry on their own for a minute before you scramble them into the mix.
- 3° Once egg is cooked through it is ready to serve.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (199 g)	% DRI
ENERGY	128 kcal	254 kcal	13 %
FAT	3 g	6 g	9 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	10 %
CHOLESTEROL	56 mg	112 mg	37 %
SODIUM	524 mg	1043 mg	43 %
CARBOHYDRATE	19 g	37 g	12 %
SUGARS	2 g	3 g	—
FIBER	2 g	4 g	17 %
PROTEIN	6 g	11 g	—