



20-minute rice supper

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 300 g rice long grain
- ☐ 600 ml fish stock hot fine (from a cube is)
- ☐ 1 tbsp curry paste
- ☐ 100 ml peas frozen
- ☐ 150 g mackerel smoked
- ☐ 3 tbsp crème fraîche low-fat
- ☐ 2 hardboiled eggs quartered
- ☐ 1 handful cilantro leaves

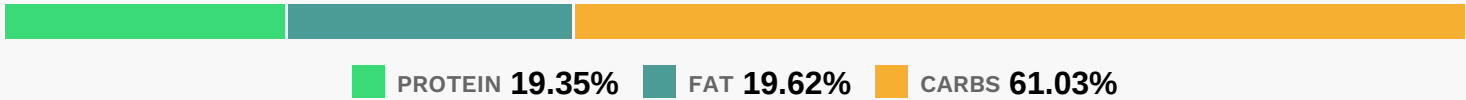
Equipment

☐ microwave

Directions

- ☐ Tip the rice into a large microwavable container.
- ☐ Mix together the stock and curry paste, then pour over the rice. cover with cling film and pierce a few times with a fork. Microwave for 6 mins on High.
- ☐ Break the mackerel into large chunks and stir through the rice along with the peas and crme frache, then microwave for 6–8 mins more on medium until the rice is tender. Top with the eggs and serve sprinkled with the coriander.

Nutrition Facts



Properties

Glycemic Index:34.38, Glycemic Load:36.69, Inflammation Score:-6, Nutrition Score:17.774347885795%

Flavonoids

Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 431.28kcal (21.56%), Fat: 9.12g (14.03%), Saturated Fat: 3.04g (18.98%), Carbohydrates: 63.85g (21.28%), Net Carbohydrates: 61.84g (22.49%), Sugar: 1.96g (2.18%), Cholesterol: 116.18mg (38.73%), Sodium: 563.03mg (24.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.24g (40.48%), Selenium: 34.41µg (49.16%), Manganese: 0.9mg (44.81%), Vitamin B12: 2.1µg (35.02%), Vitamin B3: 6.8mg (33.98%), Vitamin D: 3.96µg (26.42%), Phosphorus: 246.4mg (24.64%), Vitamin B2: 0.41mg (23.9%), Vitamin A: 990.83IU (19.82%), Vitamin B6: 0.32mg (16.18%), Copper: 0.31mg (15.64%), Potassium: 456.89mg (13.05%), Vitamin B5: 1.28mg (12.8%), Zinc: 1.71mg (11.4%), Iron: 2mg (11.13%), Calcium: 107.38mg (10.74%), Vitamin B1: 0.15mg (10.26%), Magnesium: 39.51mg (9.88%), Vitamin C: 7.54mg (9.15%), Folate: 35.06µg (8.76%), Fiber: 2.02g (8.06%), Vitamin K: 7.53µg (7.17%), Vitamin E: 1.03mg (6.84%)