



Brown rice stir-fry with coriander omelette

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



306 kcal

SIDE DISH

Ingredients

- ☐ 200 g rice
- ☐ 1 tbsp canola oil
- ☐ 1 piece ginger grated
- ☐ 3 garlic clove finely chopped
- ☐ 1 bunch spring onion finely sliced
- ☐ 150 g mushroom caps sliced
- ☐ 2 carrots finely sliced into sticks
- ☐ 1 bell pepper red finely sliced

- ☐ 3 skim milk with 1 tablespoon skimmed milk beaten
- ☐ 1 small handful cilantro leaves chopped
- ☐ 2 tsp soya sauce
- ☐ 1 tsp sesame oil toasted
- ☐ 2 tbsp jam
- ☐ 1 tbsp sesame seed toasted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Cook the rice following pack instructions.
- ☐ Heat 2 tsp oil in a large frying pan or wok.
- ☐ Add the ginger and garlic and fry for 1 min. Tip in the veg and stir-fry over high heat for 3–4 mins.
- ☐ Meanwhile, mix the eggs with the coriander and seasoning.
- ☐ Heat a small non-stick frying pan with the remaining oil.
- ☐ Add the egg, stir once, then allow to cook over a gentle heat until almost set. Flip (using a plate if necessary) and cook on the other side until cooked through. Tip onto a board and cut into strips.
- ☐ Add the drained cooked rice, soy sauce, sesame oil and chilli jam to the veg, mixing to heat through. Divide into bowls and top with the omelette strips, a few coriander leaves and sesame seeds.

Nutrition Facts



Properties

Glycemic Index:104.82, Glycemic Load:30.12, Inflammation Score:-10, Nutrition Score:17.669130380063%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 306.02kcal (15.3%), Fat: 6.47g (9.95%), Saturated Fat: 0.7g (4.38%), Carbohydrates: 56.39g (18.8%), Net Carbohydrates: 52.66g (19.15%), Sugar: 8.79g (9.77%), Cholesterol: 0.02mg (0.01%), Sodium: 201.48mg (8.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.13%), Vitamin A: 6156.04IU (123.12%), Vitamin C: 42.95mg (52.06%), Manganese: 0.84mg (41.85%), Vitamin K: 23.74µg (22.61%), Vitamin B6: 0.38mg (19.13%), Selenium: 11.14µg (15.91%), Vitamin B3: 3.14mg (15.71%), Copper: 0.31mg (15.29%), Fiber: 3.73g (14.93%), Phosphorus: 145.4mg (14.54%), Vitamin B5: 1.29mg (12.91%), Potassium: 395.77mg (11.31%), Vitamin B2: 0.18mg (10.41%), Magnesium: 39.59mg (9.9%), Vitamin E: 1.44mg (9.58%), Folate: 36.91µg (9.23%), Zinc: 1.34mg (8.91%), Iron: 1.38mg (7.65%), Vitamin B1: 0.11mg (7.15%), Calcium: 61.77mg (6.18%), Vitamin D: 0.16µg (1.06%)