



## Fragrant pork & rice one-pot



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 sausage
- ☐ 1 tbsp olive oil
- ☐ 0.5 onion finely chopped
- ☐ 2 garlic clove crushed
- ☐ 2 tsp ground cumin
- ☐ 140 g rice long grain
- ☐ 850 ml vegetable stock
- ☐ 400 g canned tomatoes chopped canned

☐

0.5 small bunch cilantro leaves   leaves picked

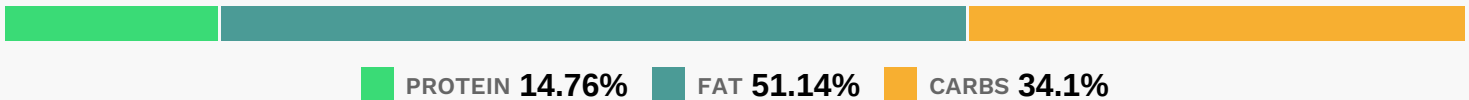
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle

## Directions

- ☐ Split the sausage skins, squeeze out the meat, then roll it into small meatballs about the size of a large olive.
- ☐ Heat the oil in a large non-stick saucepan, then brown the meatballs well on all sides until cooked you might need to do this in batches. Set the meatballs aside.
- ☐ Add the onion and garlic to the pan. Soften for 5 mins, stir in the spices and rice, then cook for another min.
- ☐ Pour in the stock and tomatoes. Bring to a simmer, scraping up any sausagey bits from the bottom of the pan. Simmer for 10 mins until the rice is just cooked, then stir in the meatballs with some seasoning. Ladle into bowls, scatter with coriander and serve with crusty bread.

## Nutrition Facts



## Properties

Glycemic Index:66.55, Glycemic Load:20.55, Inflammation Score:-6, Nutrition Score:14.763912926549%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

## Nutrients (% of daily need)

Calories: 471.36kcal (23.57%), Fat: 26.81g (41.25%), Saturated Fat: 8.09g (50.53%), Carbohydrates: 40.23g (13.41%), Net Carbohydrates: 37.48g (13.63%), Sugar: 6.87g (7.63%), Cholesterol: 61.2mg (20.4%), Sodium: 1521.66mg

(66.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.41g (34.82%), Manganese: 0.65mg (32.42%), Vitamin B3: 5.86mg (29.31%), Vitamin B6: 0.51mg (25.42%), Vitamin B1: 0.35mg (23.3%), Phosphorus: 198.75mg (19.88%), Iron: 3.28mg (18.22%), Zinc: 2.59mg (17.27%), Potassium: 593.27mg (16.95%), Copper: 0.34mg (16.84%), Vitamin A: 808.93IU (16.18%), Vitamin C: 11.63mg (14.09%), Vitamin E: 2.02mg (13.44%), Vitamin B5: 1.23mg (12.35%), Vitamin B12: 0.72µg (12.04%), Magnesium: 46.32mg (11.58%), Fiber: 2.75g (11.01%), Vitamin B2: 0.18mg (10.77%), Vitamin K: 11.02µg (10.49%), Selenium: 6.23µg (8.9%), Vitamin D: 1.11µg (7.37%), Calcium: 67.34mg (6.73%), Folate: 20.03µg (5.01%)