



Indonesian fried rice with mackerel



Gluten Free



Dairy Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



636 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 2 eggs lightly beaten
- ☐ 1 tbsp curry paste red
- ☐ 1 pinch sugar
- ☐ 800 g basmati rice cooked uncooked (250g-300g)
- ☐ 1 small bunch spring onion sliced
- ☐ 140 g peas frozen
- ☐ 2 tbsp soya sauce

- ☐ 4 fillet mackerel smoked flaked
- ☐ 0.5 cucumber cut into half moons

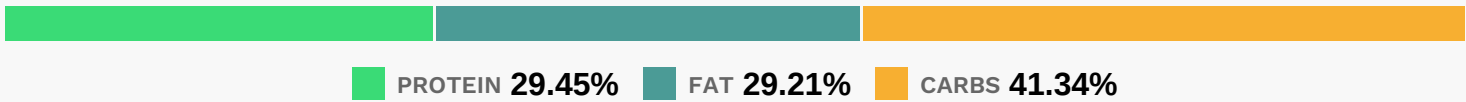
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat the oil in a large frying pan or wok. Tip in the eggs and swirl to coat the base of the pan. Cook for 1 min, then flip and cook the other side until set.
- ☐ Remove and roughly chop into ribbons.
- ☐ Add the curry paste and sugar and fry for 1 min. Tip in the rice and stir to coat in the paste, then add the spring onions and peas. Stir-fry for 2–3 mins until everything is really hot.
- ☐ Add the soy sauce, then gently toss through the omelette ribbons and mackerel.
- ☐ Divide between 4 bowls and garnish with the cucumber.
- ☐ Serve with extra soy sauce, if you like.

Nutrition Facts



Properties

Glycemic Index:71.36, Glycemic Load:62.3, Inflammation Score:-8, Nutrition Score:37.385217417841%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 636.45kcal (31.82%), Fat: 20.06g (30.86%), Saturated Fat: 5.29g (33.09%), Carbohydrates: 63.87g (21.29%), Net Carbohydrates: 60.45g (21.98%), Sugar: 3.49g (3.88%), Cholesterol: 161.74mg (53.91%), Sodium: 685.78mg (29.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.5g (91%), Vitamin B12: 7.68µg (127.93%), Selenium: 84.58µg (120.83%), Vitamin D: 15.91µg (106.07%), Vitamin B3: 16.09mg (80.46%), Manganese: 1.2mg

(60.05%), Vitamin B2: 0.92mg (53.9%), Vitamin B6: 0.88mg (44.22%), Phosphorus: 401.65mg (40.17%), Potassium: 962.64mg (27.5%), Vitamin K: 26.14µg (24.9%), Vitamin C: 20.04mg (24.29%), Magnesium: 95.09mg (23.77%), Vitamin A: 1169.4IU (23.39%), Vitamin B1: 0.35mg (23.39%), Iron: 3.77mg (20.97%), Copper: 0.42mg (20.87%), Zinc: 2.96mg (19.75%), Vitamin B5: 1.82mg (18.19%), Vitamin E: 2.6mg (17.36%), Fiber: 3.42g (13.7%), Folate: 53.2µg (13.3%), Calcium: 96.83mg (9.68%)