



Maggoty dustbin pasta

 Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



287 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 400 g orzo pasta
- ☐ 2 tbsp vegetable oil
- ☐ 2 bell pepper red chopped
- ☐ 326 g regular corn drained canned
- ☐ 175 g pea-mond dressing frozen
- ☐ 3 garlic clove crushed
- ☐ 2 tsp suya seasoning mix
- ☐ 280 g ham shredded

- ☐ 1 tbsp soya sauce
- ☐ 220 g black bean garlic sauce
- ☐ 1 tbsp sesame oil

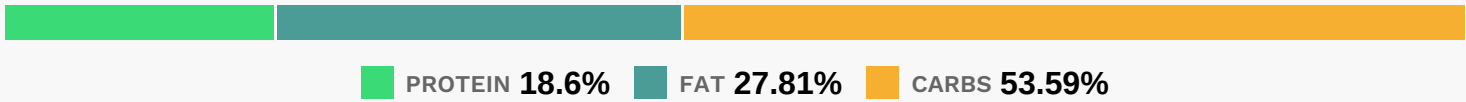
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok
- ☐ microwave

Directions

- ☐ Cook the pasta using pack instructions.
- ☐ Drain, run under cold water, and drain again.
- ☐ Meanwhile, heat the veg oil in a large pan or wok, add the peppers, sweetcorn, peas, garlic and five-spice and stir-fry for a few mins.
- ☐ Add the ham, soy sauce, of the black bean sauce and the orzo, stir well and cook for 1-2 mins. Stir in the sesame oil and check seasoning.
- ☐ Heat the remaining black bean sauce in microwave. Tip pasta into a large bowl or a small, clean dustbin or cauldron.
- ☐ Drizzle over remaining sauce and let everyone dig in.

Nutrition Facts



Properties

Glycemic Index:18.38, Glycemic Load:14, Inflammation Score:-7, Nutrition Score:12.389130421307%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 286.64kcal (14.33%), Fat: 8.96g (13.78%), Saturated Fat: 2.1g (13.11%), Carbohydrates: 38.85g (12.95%), Net Carbohydrates: 34.35g (12.49%), Sugar: 5.6g (6.22%), Cholesterol: 14.47mg (4.82%), Sodium: 365.29mg (15.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.48g (26.96%), Selenium: 26.96µg (38.51%), Vitamin C: 27.19mg (32.96%), Manganese: 0.51mg (25.34%), Fiber: 4.51g (18.03%), Phosphorus: 166.07mg (16.61%), Vitamin B1: 0.24mg (15.97%), Vitamin A: 708.66IU (14.17%), Folate: 54.64µg (13.66%), Vitamin B6: 0.27mg (13.35%), Vitamin B3: 2.43mg (12.17%), Iron: 1.94mg (10.77%), Magnesium: 42.28mg (10.57%), Vitamin K: 10.81µg (10.29%), Zinc: 1.45mg (9.7%), Copper: 0.18mg (9.05%), Potassium: 299.22mg (8.55%), Vitamin B2: 0.12mg (7.02%), Vitamin B5: 0.61mg (6.06%), Vitamin E: 0.85mg (5.68%), Calcium: 29.11mg (2.91%), Vitamin B12: 0.15µg (2.49%), Vitamin D: 0.16µg (1.09%)