



Nice 'n' spicy savoury rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 200 g rice
- ☐ 1 tbsp unrefined sunflower oil
- ☐ 1 large onion peeled chopped
- ☐ 2 garlic clove peeled sliced
- ☐ 1 ginger peeled chopped
- ☐ 2 cloves whole
- ☐ 1 cinnamon sticks
- ☐ 2 cardamom pods

- ☐ 1.5 tsp curry powder
- ☐ 50 g pea-mond dressing frozen
- ☐ 50 g regular corn frozen
- ☐ 50 g almonds flaked
- ☐ 375 ml bouillon cubes dissolved in 375ml boiling water)

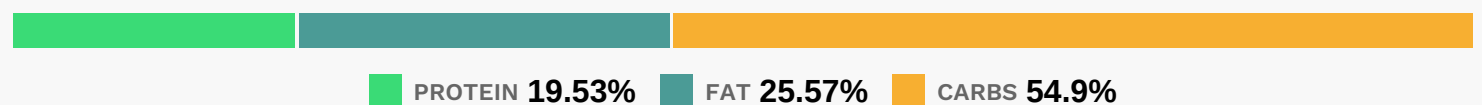
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Rinse and soak the rice for 10 mins.
- ☐ Heat a large, ovenproof saucepan.
- ☐ Add the oil, then the onion, garlic and ginger. Cook on a low heat until the onion is soft.
- ☐ Add the cloves, cinnamon and cardamom pods and cook for a further 2 mins on a low heat.
- ☐ Add the curry powder and cook for a further 2 mins, then stir.
- ☐ Drain the rice and add it to the saucepan. Stir so that the rice is coated in the oil and spices.
- ☐ Add the peas, sweetcorn and half the flaked almonds, if using.
- ☐ Pour over the stock and stir.
- ☐ Cover the pan with a lid or with a sheet of foil, then cook in the oven for 15–20 mins.
- ☐ Remove from the oven, scatter with the remaining almonds, if using, and serve.

Nutrition Facts



Properties

Glycemic Index:63.67, Glycemic Load:27.19, Inflammation Score:-6, Nutrition Score:21.133478307206%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg

Nutrients (% of daily need)

Calories: 498.31kcal (24.92%), Fat: 14.32g (22.04%), Saturated Fat: 2.87g (17.93%), Carbohydrates: 69.19g (23.06%), Net Carbohydrates: 64.13g (23.32%), Sugar: 16.86g (18.74%), Cholesterol: 3.75mg (1.25%), Sodium: 22506.17mg (978.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.61g (49.22%), Manganese: 1.87mg (93.72%), Selenium: 34.85µg (49.79%), Phosphorus: 376.51mg (37.65%), Vitamin E: 4.95mg (32.98%), Magnesium: 112.86mg (28.21%), Vitamin B2: 0.42mg (24.88%), Vitamin B3: 4.74mg (23.68%), Iron: 3.89mg (21.59%), Vitamin B1: 0.31mg (20.66%), Fiber: 5.06g (20.23%), Vitamin B6: 0.4mg (19.78%), Potassium: 684.52mg (19.56%), Folate: 76.97µg (19.24%), Copper: 0.31mg (15.74%), Vitamin B12: 0.94µg (15.63%), Calcium: 135.68mg (13.57%), Vitamin B5: 1.06mg (10.6%), Zinc: 1.58mg (10.54%), Vitamin C: 4.4mg (5.33%), Vitamin K: 1.84µg (1.75%)