



Oriental express



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



587 kcal

SIDE DISH

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 1 large onion chopped
- ☐ 0.5 tsp ground ginger chinese
- ☐ 300 g savory vegetable fresh
- ☐ 500 g basmati rice
- ☐ 2 tbsp soya sauce to taste

Equipment

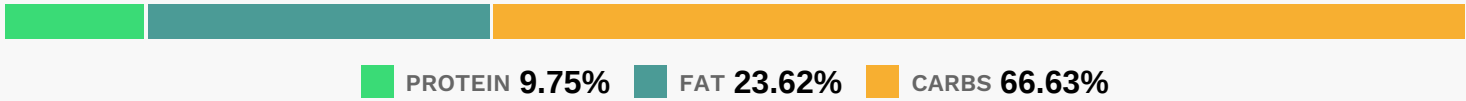
- ☐ wok

☐ microwave

Directions

- ☐ First put the wok on the heat, then pour in the oil and bring it up to a medium-high temperature. Now add the onion and cook, stirring only occasionally, until it starts to brown this takes about 5 minutes.
- ☐ Sprinkle in the 5-spice powder or ginger and stir it around quickly for about 30 seconds. Next tip in the vegetables and stir them around, keeping the heat quite high so the vegetables cook quickly and stay crunchy. Keep cooking and stirring for 4-5 minutes until the vegetables begin to soften.
- ☐ While the vegetables are cooking, make a 2cm tear in the top of each rice packet, then microwave each packet separately for 2 minutes on full power. If you dont have a microwave, put your rice on to cook according to the packet instructions before you heat up the work.
- ☐ Splash in 2 tbsp soy sauce and remove from the heat. Use more soy if you like but remember that its salty. If you want more sauce, splash in 1-2 tbsp water. Tip the rice on to plates, add the veg and eat immediately.

Nutrition Facts



Properties

Glycemic Index:98, Glycemic Load:83.73, Inflammation Score:-10, Nutrition Score:22.913478312285%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg

Nutrients (% of daily need)

Calories: 587.07kcal (29.35%), Fat: 15.59g (23.99%), Saturated Fat: 2.32g (14.48%), Carbohydrates: 98.94g (32.98%), Net Carbohydrates: 90.46g (32.9%), Sugar: 3.63g (4.03%), Cholesterol: 0mg (0%), Sodium: 1081.88mg (47.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.48g (28.95%), Vitamin A: 7618.63IU (152.37%), Manganese: 1.88mg (94.12%), Fiber: 8.48g (33.93%), Selenium: 20.12µg (28.74%), Vitamin C: 21.15mg (25.64%), Vitamin B6: 0.51mg (25.27%), Phosphorus: 241.91mg (24.19%), Magnesium: 81.66mg (20.42%), Vitamin B3: 3.72mg

(18.6%), Vitamin B1: 0.28mg (18.56%), Copper: 0.37mg (18.39%), Folate: 68.55µg (17.14%), Potassium: 559.24mg (15.98%), Iron: 2.68mg (14.88%), Vitamin E: 2.13mg (14.21%), Zinc: 2.12mg (14.14%), Vitamin B5: 1.38mg (13.82%), Vitamin B2: 0.21mg (12.26%), Calcium: 84mg (8.4%), Vitamin K: 8.73µg (8.32%)