



Spiced rice with prawns



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 200 g rice long grain
- ☐ 175 g peas frozen
- ☐ 2 tbsp cooking oil plus a drop extra
- ☐ 1 onion chopped
- ☐ 3 bacon chopped
- ☐ 1 tbsp curry paste
- ☐ 250 g tiger prawns frozen thawed cooked peeled
- ☐ 1 eggs beaten

☐ 4 servings soya sauce

Equipment

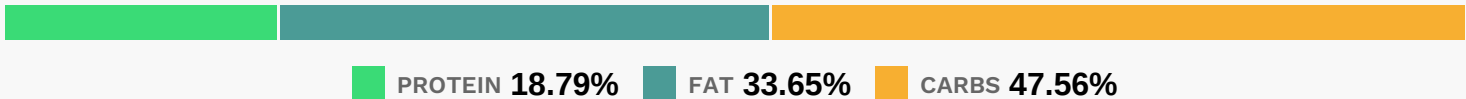
☐ frying pan

☐ wok

Directions

- ☐ Tip the rice into a pan of boiling, salted water and simmer for 10 minutes, adding the peas for the last 3 minutes.
- ☐ Drain well.
- ☐ While the rice is cooking, heat the 2 tablespoons of oil in a large frying pan or wok.
- ☐ Add the onion and bacon and stir fry for 3–4 minutes, until the onion starts to turn golden and the bacon begins to cook. Stir in the curry paste and cook for a few seconds, then tip in the prawns and heat them through for a minute or so.
- ☐ Push the prawn mixture to one side of the pan and add the drop of oil to the other side.
- ☐ Pour the egg into the oil, stir until cooked like scrambled eggs, then mix into the prawns.
- ☐ Add the rice and peas and mix well.
- ☐ Serve immediately, with soy sauce for sprinkling, if you like.

Nutrition Facts



Properties

Glycemic Index:36.88, Glycemic Load:26.44, Inflammation Score:-7, Nutrition Score:17.530434701754%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 434.84kcal (21.74%), Fat: 16.05g (24.69%), Saturated Fat: 3.38g (21.1%), Carbohydrates: 51.04g (17.01%),
Net Carbohydrates: 47.15g (17.14%), Sugar: 4.32g (4.8%), Cholesterol: 130.56mg (43.52%), Sodium: 1489.93mg
(64.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.16g (40.32%), Selenium: 33.81µg (48.3%),
Manganese: 0.87mg (43.58%), Phosphorus: 334.17mg (33.42%), Vitamin C: 19.85mg (24.06%), Vitamin A: 1103.87IU
(22.08%), Vitamin B3: 4.24mg (21.2%), Vitamin B6: 0.39mg (19.41%), Copper: 0.35mg (17.53%), Vitamin B1: 0.24mg
(15.81%), Vitamin E: 2.35mg (15.69%), Fiber: 3.89g (15.58%), Vitamin K: 16.22µg (15.45%), Vitamin B12: 0.87µg
(14.57%), Folate: 57.95µg (14.49%), Zinc: 2.15mg (14.36%), Magnesium: 53.94mg (13.48%), Iron: 2.02mg (11.21%),
Vitamin B2: 0.19mg (11.18%), Vitamin B5: 1.11mg (11.08%), Potassium: 361.04mg (10.32%), Calcium: 80.85mg (8.08%),
Vitamin D: 0.35µg (2.32%)