



WHATSheATE



Spicy chicken nasi goreng



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



598 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp unrefined sunflower oil
- ☐ 3 shallots sliced into thin rings
- ☐ 2 large eggs beaten
- ☐ 2 tbsp soy sauce
- ☐ 1 tbsp miso (we used Yeo's)
- ☐ 1 large chicken breast skinless sliced
- ☐ 250 g basmati rice cooled cooked
- ☐ 100 g pea-mond dressing frozen

☐ 1 leaves cilantro leaves

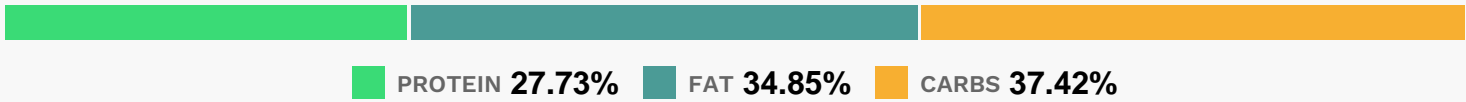
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok
- ☐ slotted spoon

Directions

- ☐ Heat most of the oil in a large wok and fry the shallots until crispy and golden.
- ☐ Remove with a slotted spoon, season with salt and leave to drain on kitchen paper. Season the eggs with 1 tsp of the soy sauce and some black pepper.
- ☐ Pour out most of the oil from the wok and wipe with kitchen paper.
- ☐ Add the eggs, swirl to coat the pan in a thin omelette layer, cook until set, then remove.
- ☐ Roll up, slice and set aside.
- ☐ Add the paste to the wok with the chicken and cook through, adding a splash of water if it starts to stick. Tip in the rice and remaining soy sauce, then mix well to coat all the grains.
- ☐ Heat through until piping hot.
- ☐ Add the omelette and the peas, warm through, then divide into 2 bowls and top with the shallots and coriander.

Nutrition Facts



Properties

Glycemic Index:136.5, Glycemic Load:43.33, Inflammation Score:-7, Nutrition Score:28.898695365242%

Flavonoids

Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 597.65kcal (29.88%), Fat: 22.9g (35.22%), Saturated Fat: 3.85g (24.06%), Carbohydrates: 55.32g (18.44%), Net Carbohydrates: 49.79g (18.11%), Sugar: 5.46g (6.07%), Cholesterol: 258.32mg (86.11%), Sodium: 1103.11mg (47.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41g (82%), Selenium: 63.26µg (90.38%), Vitamin B3: 12.91mg (64.55%), Vitamin B6: 1.27mg (63.51%), Manganese: 1.11mg (55.55%), Phosphorus: 530.86mg (53.09%), Vitamin E: 6.77mg (45.17%), Folate: 157.49µg (39.37%), Vitamin B5: 3.26mg (32.61%), Vitamin B2: 0.45mg (26.57%), Magnesium: 100mg (25%), Potassium: 871.88mg (24.91%), Fiber: 5.53g (22.14%), Iron: 3.68mg (20.47%), Zinc: 3.05mg (20.36%), Copper: 0.36mg (18.22%), Vitamin B1: 0.26mg (17.06%), Vitamin B12: 0.68µg (11.3%), Calcium: 82mg (8.2%), Vitamin D: 1.11µg (7.42%), Vitamin A: 354.04IU (7.08%), Vitamin K: 6.32µg (6.02%), Vitamin C: 4.69mg (5.69%)