



Spring veg & prawn stir-fry



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



636 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 200 g brown rice
- ☐ 1 tbsp sesame seed
- ☐ 1 tbsp vegetable oil
- ☐ 1 small knob ginger peeled cut into matchsticks
- ☐ 300 g carrots mixed halved
- ☐ 2 tbsp hoisin sauce
- ☐ 200 g shrimp frozen cooked drained
- ☐ 3 spring onion sliced

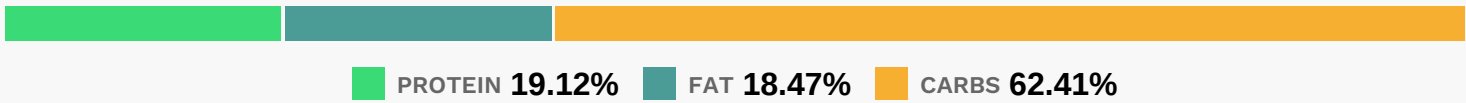
Equipment

☐ wok

Directions

- ☐ Boil the rice for 25 mins or until tender, drain, cool quickly under cold water, then drain again. Toast the sesame seeds in a dry wok until golden, then tip onto a plate and set aside.
- ☐ Heat the wok until really hot, then add the oil and ginger and stir-fry for 30 secs.
- ☐ Add the carrots, hoisin sauce and half a cup of water, then cover and cook over a high heat for 4 mins.
- ☐ Add the parsnips, re-cover and cook for another 3 mins.
- ☐ Tip in the rice and cook until piping hot. Throw in the prawns and spring onions for 1–2 mins until warmed through.
- ☐ Serve sprinkled with the toasted sesame seeds.

Nutrition Facts



Properties

Glycemic Index:93.79, Glycemic Load:47.98, Inflammation Score:-10, Nutrition Score:32.530869774196%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 635.76kcal (31.79%), Fat: 13.17g (20.25%), Saturated Fat: 2.13g (13.33%), Carbohydrates: 100.06g (33.35%), Net Carbohydrates: 91g (33.09%), Sugar: 11.92g (13.24%), Cholesterol: 161.48mg (53.83%), Sodium: 489.14mg (21.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.66g (61.32%), Vitamin A: 25239.83IU (504.8%), Manganese: 4.17mg (208.59%), Vitamin K: 69.65µg (66.33%), Phosphorus: 571.72mg (57.17%), Magnesium: 219.45mg (54.86%), Copper: 0.96mg (47.79%), Vitamin B6: 0.77mg (38.66%), Vitamin B1: 0.56mg (37.22%), Fiber: 9.06g (36.23%), Potassium: 1103.86mg (31.54%), Vitamin B3: 6.27mg (31.36%), Zinc: 4.19mg (27.95%), Iron: 3.86mg (21.43%), Calcium: 208.54mg (20.85%), Vitamin B5: 1.93mg (19.3%), Folate: 68.12µg (17.03%), Vitamin C: 12.32mg (14.94%), Vitamin E: 1.7mg (11.35%), Vitamin B2: 0.19mg (11.2%), Selenium: 2.1µg (3%)