



Sticky coconut rice, mango & passion fruit



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



516 kcal

SIDE DISH

Ingredients

- ☐ 250 g sticky rice
- ☐ 225 ml coconut milk unsweetened
- ☐ 100 g brown sugar
- ☐ 1 juice of lime
- ☐ 1 mangos ripe peeled chopped
- ☐ 1 orange juice (to give 60ml)
- ☐ 1 tbsp juice of lime
- ☐ 50 g brown sugar

- ☐ 1 mangos ripe peeled halved very thinly sliced
- ☐ 3 fruit halved
- ☐ 1 small mint leaves
- ☐ 1 lime zest cut into julienne strips

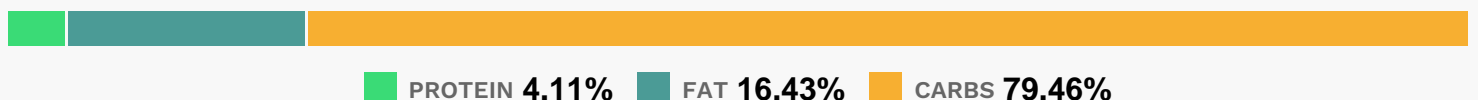
Equipment

- ☐ bowl
- ☐ sieve

Directions

- ☐ A day ahead, wash the rice with plenty of cold water, then drain and tip it into a bowl.
- ☐ Pour over enough cold water to more than cover it, then leave to soak overnight.
- ☐ Make the mango sauce. Liquidise the mango flesh with the orange juice, lime juice and sugar. Taste and add a little extra sugar or lime juice if necessary. Pass through a fine sieve, then chill if making ahead.
- ☐ Drain the rice, transfer to a steamer and steam for 25–30 mins until soft and tender, making sure the water doesn't boil dry. Simmer the coconut milk with 85g of the sugar for 1 min.
- ☐ Pour in the lime juice, stir in the steamed rice, then leave, covered, for 5 mins until it has a thick, creamy consistency. Check for sweetness, adding more sugar to taste if needed. Cool slightly, about 10 mins, until tepid and holding its shape. The rice is best served slightly warm, as the longer it is left, the firmer and stickier it becomes.
- ☐ For each serving, place a 6.5cm diameter x 3.5cm tall ring mould in the middle of a large plate. Spoon in one-sixth of the sticky rice.
- ☐ Drizzle a little mango sauce on the plate around the rice. Arrange a few slices of mango on the sauce and lay a few on top of the rice with a sprinkling of lime zest. Spoon around some passion fruit seeds and juice. Scatter over a few mint leaves.
- ☐ Serve the remaining mango sauce separately.

Nutrition Facts



Properties

Glycemic Index:45.08, Glycemic Load:32.87, Inflammation Score:-8, Nutrition Score:14.232608670774%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 6.69mg, Hesperetin: 6.69mg, Hesperetin: 6.69mg, Hesperetin: 6.69mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 516.15kcal (25.81%), Fat: 9.82g (15.11%), Saturated Fat: 8.16g (51.03%), Carbohydrates: 106.85g (35.62%), Net Carbohydrates: 99.76g (36.28%), Sugar: 61.44g (68.27%), Cholesterol: 0mg (0%), Sodium: 28.09mg (1.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.05%), Vitamin C: 41.68mg (50.53%), Manganese: 0.88mg (44.01%), Vitamin A: 1462.49IU (29.25%), Fiber: 7.08g (28.33%), Copper: 0.44mg (22.19%), Potassium: 522.66mg (14.93%), Selenium: 9.43µg (13.47%), Iron: 2.38mg (13.21%), Vitamin B3: 2.63mg (13.15%), Vitamin K: 13.41µg (12.77%), Folate: 48.26µg (12.06%), Magnesium: 46.56mg (11.64%), Phosphorus: 110.17mg (11.02%), Vitamin B6: 0.2mg (9.87%), Vitamin B1: 0.15mg (9.7%), Vitamin B5: 0.73mg (7.27%), Zinc: 1.05mg (7.01%), Vitamin B2: 0.11mg (6.47%), Calcium: 56.5mg (5.65%), Vitamin E: 0.72mg (4.82%)