



Thai fried rice with prawns & peas



Gluten Free



Dairy Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



315 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tbsp vegetable oil
- ☐ 1 onion red halved sliced
- ☐ 2 garlic clove sliced
- ☐ 1 to 5 chilies red sliced
- ☐ 250 g shrimp raw peeled
- ☐ 300 g brown rice cooked uncooked (140g rice)
- ☐ 75 g pea-mond dressing frozen
- ☐ 1 tbsp soya sauce dark

- ☐ 1 tbsp fish sauce
- ☐ 1 small bunch cilantro leaves roughly chopped
- ☐ 4 large eggs
- ☐ 4 servings chilli sauce (optional- we used sriracha)

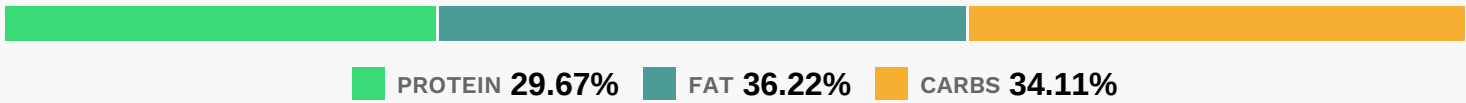
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat 1 tbsp of the oil in a wok, add the onion, garlic and chilli, and cook for 2-3 mins until golden.
- ☐ Add the prawns and cook for 1 min. Tip in the rice and peas, and keep tossing until very hot.
- ☐ Add the soy and fish sauce, then stir through the chopped coriander. Keep warm while you fry the eggs.
- ☐ Heat the remaining oil in a frying pan and fry the eggs with some seasoning. Divide the fried rice mix between 4 bowls and top each with a fried egg.
- ☐ Serve scattered with coriander, with chilli sauce, if you like.

Nutrition Facts



Properties

Glycemic Index:60.55, Glycemic Load:10.71, Inflammation Score:-6, Nutrition Score:16.576521852742%

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: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.67mg, Quercetin: 6.67mg, Quercetin: 6.67mg, Quercetin: 6.67mg

Nutrients (% of daily need)

Calories: 315.02kcal (15.75%), Fat: 12.7g (19.54%), Saturated Fat: 2.83g (17.71%), Carbohydrates: 26.92g (8.97%), Net Carbohydrates: 23.59g (8.58%), Sugar: 3.32g (3.69%), Cholesterol: 286.63mg (95.54%), Sodium: 764.78mg (33.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.41g (46.82%), Manganese: 1.07mg (53.47%), Phosphorus: 341.98mg (34.2%), Selenium: 16.69µg (23.84%), Vitamin C: 19.31mg (23.4%), Copper: 0.43mg (21.7%), Magnesium: 86.72mg (21.68%), Vitamin K: 20.88µg (19.89%), Folate: 77.7µg (19.43%), Vitamin B6: 0.35mg (17.69%), Vitamin B2: 0.28mg (16.42%), Zinc: 2.32mg (15.47%), Iron: 2.45mg (13.59%), Fiber: 3.33g (13.34%), Potassium: 460.68mg (13.16%), Vitamin B5: 1.24mg (12.37%), Vitamin B1: 0.16mg (10.84%), Vitamin A: 516.1IU (10.32%), Calcium: 94.79mg (9.48%), Vitamin E: 1.27mg (8.45%), Vitamin B3: 1.61mg (8.07%), Vitamin B12: 0.47µg (7.78%), Vitamin D: 1µg (6.67%)