

PINEAPPLE FRIED RICE



2 serves



Prep: 10 mins



Cook: 20 mins



INGREDIENTS

| | |
|--------|--------------------------|
| ½ tbsp | Canola oil |
| 40g | Onion, diced |
| 100g | Mixed vegetables, frozen |
| 150g | Tau kwa, cubed |
| 300g | Cooked Brown Rice |
| ½ tbsp | Curry Powder |
| 70g | Pineapple, diced |
| 1 tbsp | Soy sauce, reduced salt |

METHODS

1. In a wok, add oil & sauté the onion until aromatic over medium heat.
2. Add the mixed vegetables.
3. Add in the tau kwa & stir with a spatula until it is slightly golden brown.
4. Add in the cooked brown rice.
5. Sprinkle the curry powder.
6. Stir in the pineapple.
7. Add soy sauce & stir all the ingredients until well mixed.
8. Sprinkle spring onion & roasted cashew nuts and serve!

OPTIONAL

- 10g Spring Onions
- 20g Roasted Cashew Nuts



< 500 KCAL
DISHES



ONE-DISH
MEALS



MEATLESS
MONDAY

Nutrition Information (per serving)

Energy 460kcal, Carbohydrate 63.6g, Protein 19.8g, Fats 12.52g, Saturated Fats 1.82g, Polyunsaturated Fats 2.3g, Monounsaturated Fats 4.35g, Cholesterol 0.19mg, Dietary Fibre 9.17g, Sodium 598.88mg, Potassium 471.58mg, Phosphate 299.69mg

