



# THREE TREASURES BROWN RICE

This savoury dish is hearty, wholesome and full of flavour. This delicious and quick-to-make one-pot meatless meal for the family can be easily made in a rice cooker.

*In consultation with Nutrition and Dietetics department, KTPH*

## INGREDIENTS

SERVES 4

- 8 dried shiitake mushrooms
- 200g brown rice
- 1tbsp cooking oil
- 4 garlic cloves, minced
- 100g black-eyed peas
- 100g unroasted cashew nuts
- 200g long beans, diced
- 3tbsp vegetarian oyster sauce
- 600ml water



## METHOD

1. Soak the shiitake mushrooms in warm water till softened. Slice into strips.
2. Rinse the brown rice and set aside.
3. Add oil and minced garlic into the rice cooker bowl, close the lid and start the rice cooking function to heat up the unit.
4. When the rice cooker unit is warm enough to sauté the garlic, open the lid and add the black-eyed peas, cashew nuts, sliced mushrooms and long beans. Stir well and close the lid for 5 minutes, or until the mixture is fragrant.
5. Add soaked brown rice and give the mixture a stir. Close the lid for 10 minutes.
6. Mix the vegetarian oyster sauce with the water and pour this into the pot. Stir the ingredients and close the lid to allow the rice cooking function to finish its cycle.
7. Serve hot!

## GO NUTS, PEAS!

Cashew nuts and black-eyed peas are great sources of protein and fibre. A handful of nuts (about 30g) a day is also heart-healthy!

### NUTRITIONAL INFORMATION (1 SERVING)

Energy	508kcal
Carbohydrates	72g
Protein	17g
Fat	17g
Saturated fat	3g
Cholesterol	0mg
Fibre	11g
Sodium	399mg

