



SLT - FRIED RICE WITH PINEAPPLE AND CASHEW NUTS

Fruity pineapple, sweetcorn and golden brown toasted cashew nuts give this delicately bronzed rice everything it needs to be truly memorable.

 15 minutes

 20 minutes

 1 portion

INGREDIENTS

- 60 grams of rice, white, basmati, raw
- 30 grams of cashew nuts, kernel only, plain
- 1 large slice of pineapple, raw, flesh only [80 g] **or** 2 rings of pineapple, canned in juice, whole contents [80 g]
- 2 tbsps of margarine-like, margarine-butter blend, soybean oil and butter [28 g]
- 1/2 medium unit of pepper, capsicum, red, raw [80 g]
- 1 small portion of carrots, old, raw [40 g]
- 1 average portion of sweetcorn kernels, canned in water, drained [85 g]
- 1 level teaspoon of pepper, white [2 g]
- 1 tsp of spices, paprika [2 g]
- 1 tablespoon of spring greens, raw [40 g]
- 2 tablespoons of oil, sunflower [22 g]

COOKING METHOD

- 1° Cook the rice in salted water as per the packet instructions. Drain in a sieve and leave to cool.
- 2° Toast the cashews in a small dry frying pan until golden brown, then remove them from the heat and set aside.
- 3° Chop the pineapple rings into bite size pieces. Melt the margarine in a frying pan over a medium heat and saute the pineapple, then set aside.
- 4° Halve the pepper, remove the seeds, then chop into small chunks. Peel the carrot and slice thinly using a vegetable peeler. Drain the sweetcorn in a sieve.
- 5° Heat 1 tbsp of the oil in your pan. Saute the pepper and carrot over a medium heat until brown and al dente. If the carrot browns too much before it is cooked, add a little water. Season the vegetables with salt, pepper and paprika.
- 6° Add the remaining 1 tbsp of oil and increase the heat. Stir in the rice a saute briefly over a high heat until crisp, then continue to brown over a medium heat. If the mixture dries out too much, add a little more oil. Fold in the sweetcorn, pineapple and cashews and heat through. Transfer the rice to your plate. Wash and slice the spring onions and scatter them over the rice and sprinkle with a little paprika.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (425 g)	% DRI
ENERGY	215 kcal	914 kcal	46 %
PROTEIN	3 g	15 g	29 %
CARBOHYDRATE	19 g	82 g	32 %
SUGARS	5 g	22 g	24 %
FAT	14 g	61 g	88 %
FATTY ACIDS, TOTAL SATURATED	2 g	10 g	49 %
FIBER	2 g	7 g	27 %
SODIUM	53 mg	225 mg	9 %