



FRIED RICE

4 portions

INGREDIENTS

- 2 large units of egg, whole, raw, fresh [100 g]
- 4 large units of egg, white, raw, fresh [132 g]
- 2 cups chopped of broccoli, raw [182 g]
- 1 cup chopped of carrots, raw [128 g]
- 2 tablespoons of olive oil, [27 g]
- 3/4 cup of peas, green, frozen, unprepared [101 g]
- 1 cup, chopped capsicum [149 g]
- 6 tbsps of soy sauce (tamari) [108 g]
- 1 cup of rice, brown, medium-grain, raw

COOKING METHOD

- 1° Whisk eggs together, pour over a piled hot nonstick pan
- 2° Flip the egg mixture once bottom side is golden brown creating an omelette
- 3° Dice up omelette once cooked. Cook rice.
- 4° In oiled hot nonstick pan add veggies, once sautéed, add cooked rice, and diced egg
- 5° Pour over soy sauce and stir
- 6° Serve

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (279 g)	% DRI
ENERGY	128 kcal	358 kcal	18 %
FAT	4 g	11 g	17 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	10 %
CHOLESTEROL	33 mg	93 mg	31 %
SODIUM	597 mg	1666 mg	69 %
CARBOHYDRATE	18 g	50 g	17 %
SUGARS	2 g	6 g	—
FIBER	2 g	6 g	23 %
PROTEIN	6 g	16 g	—