Rainbow rice

Preparation time

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Cooking time

35 minutes

Serves

8

Recipe courtesy of

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This recipe featured in the 2017 Australia's Health Weight Week, APD Cookbook, created in collaboration with Dietitians Australia and Nutrition Australia, ACT.



Ingredients Method Nutrition

1 tsp each of crushed ginger, garlic

2 tsp red curry paste

1 medium brown onion (70g), finely chopped

small piece of pumpkin (160g), finely diced

1 large carrot (100g), finely diced

1 medium zucchini (180g), finely diced

2 sticks celery (150g), finely diced

half a red capsicum (120g), finely chopped

small piece of cauliflower (200g), processed to breadcrumb consistency or very finely chopped

2 medium eggs (65g each), lightly beat with milk, using a fork

2 tbsp milk

1 cup of cooked brown rice (1/3 cup dry rice boiled for 12 minutes in 1.5 cups water, drained)

2 tbsp coriander or parsley (optional), finely chopped

spray oil

1. Boil 1/3 cup rice in 1.5 cups water for 12 minutes. Drain and set aside.
2. Heat a wok to medium and spray with oil.
3. Add finely chopped onion and stir-fry with the ginger, garlic and curry paste. Cook till soft (about 5 minutes).
4. Add pumpkin and carrot. Stir and cook a further 4-5 minutes.
5. Add celery and zucchini. Stir and cook a further 3-4 minutes.
6. Make a large well in the centre and add beaten egg mixture. Spread mixture out. When the egg starts to set after about 3 minutes, turn over. It is ok if it breaks up.
7. Add cooked rice, processed cauliflower, celery and red capsicum on top.
8. Stir through, breaking egg into pieces.
9. Toss through the chopped coriander and serve.

Nutritional information is provided per serve

Engery	404kJ (97 calories)
Protein	5g
Saturated Fat	>1g
Total Fat	3g
Carbohydrates	11.5g
Sugars	4g
Dietary Fibre	3g
Sodium	133mg