



SWEET CHILLI VEGETABLE FRIED RICE

Preparation: 15 mins

Cooking: 30 mins

Serves 4, costs under £2.00

 Vegetarian

 Vegan

 Gluten Free

This recipe counts towards your 5 a day

INGREDIENTS

- 1 Mug Rice (300g)
- 1 Tablespoon Vegetable Oil (10g)
- 6 Spring Onions (60g)
- 1 Red Pepper (160g)
- 10 Mushrooms (100g)
(medium sized mushrooms)
- 3 Tablespoons Frozen Peas (90g)
- 4 Tablespoons Sweet Chilli Sauce (40g)

TIP

Remember, if you don't have all the ingredients you can substitute most vegetables or add in your favourites too!

METHOD

1. Cook rice as per manufacturer's instructions and rinse with boiling water.
2. Meanwhile trim tops and ends of the spring onions and chop finely. De-seed the pepper and dice, wipe and slice the mushrooms.
3. Heat oil in a large frying pan, fry spring onions for 2 -3 minutes and then add the pepper and mushrooms for a further 2-3 minutes.
4. Add peas and the rice to the pan and stir continuously for 2-3 minutes then stir in the sweet chilli sauce.
5. Serve when heated through.

BE ALLERGY AWARE

Always check the label of each ingredient for allergy warnings.

NUTRITIONAL INFORMATION

Based on a single serving of 350g

ENERGY
375 kcals
1576 kJ

FAT
6.1g

LOW

SATURATES
1.2g

LOW

SUGAR
8.8g

LOW

SALT
0.1g

LOW

Please note: nutritional information will vary dependent on any additions/substitutions made to the recipe

The **Eatwell Guide** shows the proportions of the main food groups that form a healthy, balanced diet. Use the Eatwell Guide to help you get a balance of healthier and more sustainable food.



Eat at least 5 portions of a variety of fruit and vegetables every day

Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible



Have some dairy or dairy alternatives (such as soya drinks); choosing lower fat and lower sugar options

Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)



Choose unsaturated oils and spreads and eat in small amounts

Drink 6-8 cups/glasses of fluid a day. Water, lower fat milk, sugar free drinks including tea and coffee all count



Eat less salt – no more than 6g a day for adults which is equivalent to 1 teaspoon

Foods and drinks high in fat, salt or sugar should be eaten less often and in small amounts

