

FIVESPICE ROLL OUT OF THE OVEN

4 persons / 515 kcal per person

Ingredients:

- 1 lime
- 1 red pepper
- 6 tablespoons five spice wok sauce
- 450 grams of pork roulade
- 1 cucumber
- 1 tablespoon olive oil traditional trad
- 1 tablespoon extra-virgin olive oil
- 400 grams of stir-fried vegetables Italian mushrooms
- 260 grams basmati rice
- 4 tablespoons soy sauce
- pepper and salt



Preparation:

Preheat the oven to 180°C. Remove the stem and seeds from the red pepper. Finely chop the flesh. Mix the red pepper with 4 tbsp wok sauce and brush the roulade with it. Grease the baking dish. Place the roulade in the oven dish and bake for about 45 minutes in the middle of the oven. Meanwhile, cook the rice according to package directions and let it cool. Grate the green skin of the lime and squeeze the fruit. Mix this together with 1 tbsp extra virgin olive oil in a bowl. Slice the unpeeled cucumber with a cheese slicer. Season with salt and pepper. Heat the oil in a wok and stir-fry the vegetable mix for 3 minutes. Add the rice and stir-fry for 3 minutes. Season with the soy sauce and pepper. Remove the roulade from the oven, remove the net and cut into slices. Drizzle over the rest of the wok sauce. Serve with the rice and cucumber salad.

Nutritional value per person:

Energy:	515 kcal
Protein:	31.2 grams
Carbohydrates:	62.0 grams
- including sugars:	7.3 grams
Fat:	14.6 grams
Fiber:	5.5 grams
Salt:	3.0 grams