

# BAKED RICE WITH BROCCOLI RICE AND PAK CHOI

2 persons / 538 kcal per person

## Ingredients:

- 3 eggs
- 1½ oil
- 2 spring onions
- 1 cm of fresh ginger
- 1 clove of garlic
- 1 pak choi (~ 350 grams)
- 80 grams of white rice
- 200 grams of broccoli rice
- 100 grams of garden peas
- 1 tablespoon of soy sauce
- 35 grams of unsalted peanuts
- ½ teaspoon of sambal oelek
- fresh basil
- pepper and salt



## Preparation:

Cook the white rice according to the description on the package. Thaw the garden peas. Beat 1 egg. Cut the spring onion into rings. Peel the ginger and chop finely. Finely chop the garlic. Briefly toast the peanut in a dry frying pan. Cut the pak choi into pieces of about 2 cm. Heat the ½ tablespoon of oil in a wok. Fry ¾ of the spring onion with the ginger over medium heat for 1 minute. Fry the garlic and pak choi for 1 minute. Pour in the beaten egg. Add the rice after 30 seconds. Add the broccoli rice and garden peas and fry for 5 minutes. Meanwhile, fry 2 fried eggs in a frying pan with 1 tablespoon of oil. Remove the pan of rice from the heat. Season with the soy sauce, sambal and freshly ground black pepper. Stir in the peanuts. Taste and, if necessary, further season with salt. Spoon the fried rice into 2 bowls. Chop the leaves of 2 sprigs of basil. Sprinkle with basil and the remaining spring onion and place the fried eggs on top. Serve with sambal if necessary.

## Nutritional value per portion:

Energy:	538 kcal
Protein:	25.2 grams
Carbohydrates:	44.5 grams
- including sugars:	6.3 grams
Fat:	26.4 grams
Fiber:	10.4 grams
Salt:	2.4 grams