

FRIED RICE 'KOENING' WITH PAK CHOI AND GREEN BEANS

2 persons / 514 kcal per serving

Ingredients:

- 150 grams yellow rice
- 150 grams fresh green beans
- 1 tablespoon oil
- 175 grams of fried rice/noodles-meat
- ½ bush of pak choy
- 18½ gram mix for nasi goreng (Conimex)
- pepper and salt



Preparation:

Cook the rice according to package directions. Add 50 boiling water to the mix for nasi goreng and let it rehydrate for 10 minutes. Meanwhile, halve the green beans and cook in water with some salt for 4 minutes. Drain and rinse cold under running water, set aside. Cut the pak choy into strips. Heat the oil in a wok and fry the meat for 4 minutes until golden brown and cooked. Add the green beans and pak choy and fry for 2 minutes. Add the rehydrated nasi goreng mix and fry for 3 minutes. Spoon in the rice and continue to heat for 1 minute. Season with pepper and salt if necessary.

Nutritional value per portion:

Energy:	514 kcal
Protein:	28.9 grams
Carbohydrates:	62.9 grams
- including sugars:	1.6 grams
Fat:	14.5 grams
Fiber:	6.7 grams
Salt:	1.5 grams