

# 'BABI PANGANG' EXPRESS WITH CAULIFLOWER RICE

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2 persons / 543 kcal per serving

## Ingredients:

- 200 grams of cauliflower rice
- 175 grams of bacon tandoori
- ½ bush of pak choi
- 1 tablespoon of oil
- 175 grams of atjar
- 120 ml wok sauce sweet & sour
- ½ - 1½ teaspoon of hot pepper sauce
- pepper and salt



## Preparation:

Cut the bacon into 3 cm strips. Bake them in a skillet without oil for 10 minutes over medium heat. Turn regularly. Meanwhile, wash the pak choi and cut into pieces. Heat the oil in a wok and fry the pak choi for 3 minutes. Add the cauliflower rice and cook for another 2 minutes. Season with salt, pepper and the sambal. Drain the atjar. Add the wok sauce and half of the atjar to the bacon strips and fry 2 minutes more. Divide the rice mixture over plates. Spoon in the 'babi pangang'. Serve with the rest of the atjar.

## Nutritional value per person:

Energy:	543 kcal
Protein:	17.9 grams
Carbohydrates:	29.2 grams
- including sugars:	25.3 grams
Fat:	37.9 grams
Fiber:	3.7 grams
Salt:	5.5 grams