

COCONUT RICE WITH RENDANG

2 persons / 587 kcal per portion

Ingredients:

- 1½ tablespoon oil
- 250 gram 'nasi/bami' meat
- 50 grams boemboe rendang meat
- ½ lemon
- 125 grams basmati rice
- 90 ml coconut milk
- 1 cucumber
- 1 tablespoon sweet chili sauce
- pepper and salt



Prepare

Scrub lemon and cut a few rough pieces of peel. Squeeze lemon. Make a dressing of ½ tablespoon of oil, 1 tablespoon of lemon juice, chili sauce, salt and pepper. Wash cucumbers, cut into halves and remove the seeds with a teaspoon. Cut the cucumber in half rings. Mix cucumber with dressing. Cook the rice on low power for 10 minutes without a lid in coconut milk and 250 ml water with salt and lemon zest, stir occasionally and check if there is sufficient moisture, otherwise add some water. Leave the rice for 10 minutes with the lid on the pan. Meanwhile, heat 1 tablespoon of oil in a frying pan and brown the meat in 5 minutes. Add boemboe and 75 ml water and bring to the boil. Bake meat over medium heat for 15 minutes. Remove lemon zest from rice. Serve rice with rendang and cucumber salad.

Nutritional value per portion:

Energy:	587 kcal
Protein:	37.2 grams
Carbohydrates:	53.9 grams
- including sugars:	5.6 grams
Fat:	23.9 grams
Fiber:	2.9 grams
Salt:	1.6 grams