

Rice & Vegetable Stir Fry

Ingredients

180g/6oz Loprofin Rice

3 tablespoons cooking oil

1 teaspoon salt

120g/4oz carrots, thinly sliced

120g/4oz celery, thinly sliced

60g/2oz French beans, trimmed and halved

90g/3oz sliced red onion

90g/3oz red pepper, thinly sliced

1 garlic clove, crushed

120ml/8 tablespoons sweet chilli and red pepper stir-fry sauce (or similar) – check protein content on label

Salt and pepper

Chopped fresh basil (optional)

Method

1. Three-quarters fill a large saucepan with water and bring to the boil. Add the Loprofin Rice, 1 tablespoon of the oil and 1 teaspoon of salt to the pan. Return to the boil, stirring.
2. Reduce the heat slightly and cook for 10 minutes. Stir occasionally to prevent the rice sticking together. Drain thoroughly.
3. Meanwhile, cook the carrots, celery and French beans in boiling water for 2 minutes.
4. Drain thoroughly.
5. Heat the remaining oil in a large frying pan. Add the onion, pepper and garlic and stir-fry for 2 minutes. Add the drained vegetables and stir-fry for a further 2 minutes.
6. Add the drained rice, stir-fry sauce and seasoning to the vegetables in the frying pan. Cook for 2-3 minutes until thoroughly hot. Stir constantly.
7. Serve at once, lightly sprinkled with chopped basil.

This recipe was provided by Nutricia

National Centre for Inherited Metabolic Disorders