

# Healthy Nasi Goreng



A healthier twist on a classic recipe, brown rice and extra vegetables boosts the fibre and antioxidant content of this meal. Having sufficient fibre in the diet is important for reducing the risk of certain cancers. This meal also provides a healthy dose of zinc, which is important for prostate health.

Makes 4 servings



## Ingredients

### INGREDIENTS

- 1 tablespoon olive oil
- 4 eggs
- 500g chicken, minced
- 2 tablespoons grated fresh ginger
- 4 spring onions, thinly sliced
- 4 cloves garlic, peeled and chopped
- 4 cups brown basmati or wild rice, cooked
- 4 tablespoons tamari (gluten free) soy sauce
- 1 carrot, cut into thin matchsticks
- 1 zucchini, cut into thin matchsticks
- ¼ green cabbage, shredded
- 3 cups bean sprouts
- 3 red chillies, thinly sliced
- Small bunch Thai basil
- Small bunch coriander, leaves picked
- Handful chopped peanuts and cashews
- ½ cucumber, sliced and quartered



## Method

1. In a large wok or fry pan, heat half the olive oil and fry the eggs until cooked through. Set aside and keep warm.
2. Return the wok to the heat and add the chicken, stirring to break up any clumps. Add the grated ginger, spring onions and garlic and mix well. Continue cooking until the chicken is cooked through.
3. Add the rice and tamari and cook for a further 5 minutes. Add the carrot, courgette, and cabbage and cook for a further minute.
4. Divide the mixture between bowls, top with an egg, bean sprouts, chilli, basil, coriander, chopped nuts and cucumber to serve.