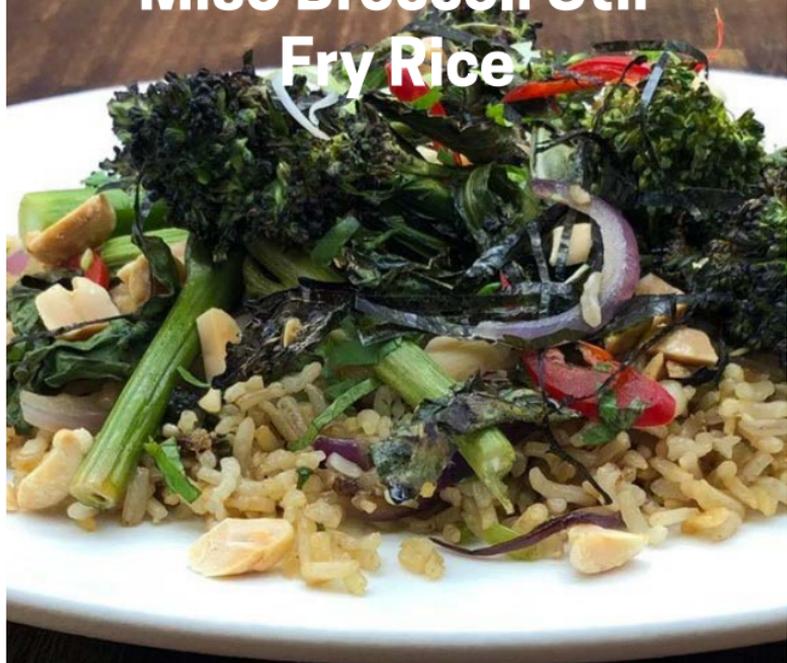




Miso Broccoli Stir Fry Rice



WAYS TO BE WELL

Miso Broccoli Stir Fry Rice



SERVES 5



Per average serving

Of an adult's Reference Intake (84000KJ / 2000Kcal)

Typical values per 100g: Energy 724KJ/173KCal

INGREDIENTS:

600g Brown Rice
650ml Water
8g Ginger
35g Spring Onion
85g Red Onion
7g Coriander
175g Tenderstem Broccoli

175g Purple Sprouting Broccoli
25g Red Chilli
15ml Sesame Seed Oil
15ml Rapeseed Oil
Cracked Black Pepper
1 Lime

15g Miso Paste
10ml Rice Wine Vinegar
15ml Maple Syrup
35g Peanuts
2 sheets Seaweed Nori
3 Garlic Cloves
25ml Light Soy Sauce

METHOD:

1. Preheat an oven to 200°C/gas mark 5. Roast peanuts on a baking tray until golden, set aside.
2. Breakdown the nori sheets with a knife into julienne pieces.
3. Cook the brown rice as per products instructions.

For The Stir Fry Rice:

1. Peel, wash and finely slice the spring and red onions. Prep and finely dice the ginger and garlic. Finely chop the coriander. De-seed the red chilli and thinly slice. Set aside.

For The Charred Broccoli:

1. Trim and wash the broccoli. Mix together the miso paste, 15ml Rapeseed oil, 5ml sesame seed oil, maple syrup, rice wine vinegar, lime zest and juice. Cover the broccoli with the miso mix. Place onto a baking tray and roast for 10 minutes until charred and coloured.

To Finish The Rice:

1. Heat 15ml of both oils in a wok over high heat until smoking. Add the rice and cook, stirring and tossing, until the rice is pale brown and toasted and has a press it up the sides, leaving a space in the middle.
2. Add 10ml of both oils to the space. Add onions, ginger, garlic and cook, stirring gently, until lightly softened and fragrant - about 1 minute. Toss with rice. Add half of the red chilli, soy sauce and black pepper and toss to coat. Cook for a further minute and add the coriander.
3. Serve immediate, topped with the miso broccoli, peanuts, slice red chilli and nori shavings.

