

Brown rice Nasi Goreng

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Brown rice Nasi Goreng

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Feeding for a healthy alternative to the humble Nasi Goreng? The Fit Foodie, Sally O'Neil has the perfect recipe.

Nasi Goreng literally means 'fried rice' in Indonesian and Malay, traditionally cooked in sunflower oil or margarine, and topped with a fried egg. While a little fried food can work in a balanced diet, the oils used to cook the food are important for your health. Sesame oil gives a great flavour to this dish and contains heart-healthy fats, but you can also use coconut or olive oil too. Here, Sally's swapped the usual white rice for brown (which contains the nutritious bran and germ) for a nice take on your take-out.

Ingredients

- 1 tbsp sesame oil
- 1 clove garlic, crushed
- 1 tsp ginger, grated
- 2 spring onions, chopped
- 125 g turkey breast mince
- $\frac{3}{4}$ cup cooked brown rice
- $\frac{1}{4}$ cup coconut aminos or tamari sauce
- 1 egg
- $\frac{1}{2}$ fresh red chilli, sliced

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- ¼ cup beansprouts

Method

Heat half the sesame oil in a frying pan or wok. Add the garlic, ginger and spring onions, and stir for a few minutes until fragrant. Add the mince and cook for 5 minutes or until the meat is cooked through.

Add the rice and aminos or tamari and stir well to coat.

Meanwhile, use the remaining sesame oil to fry the egg. Add the mince to a bowl, stir through the beansprouts and top with the egg.

Sprinkle over the chilli and top with your favourite herbs

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