

Fruity Stir-fried Brown Rice

Serves 4

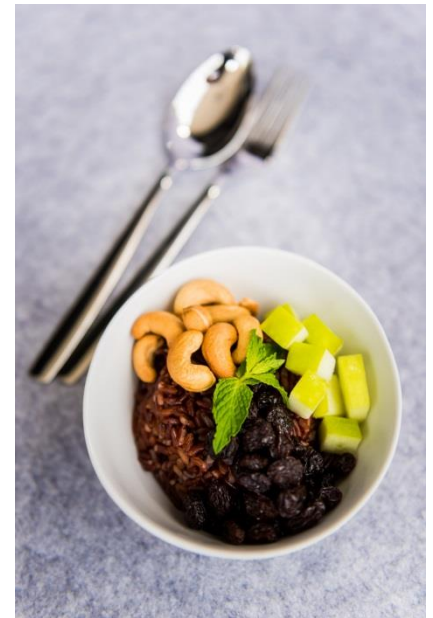
Preparation Time: 15 minutes; Cooking Time: 15 minutes

Total Cost: \$6.55

Cost per serving: \$1.65

Ingredients:

- 1 tablespoon cooking oil
- 2 garlic cloves, finely chopped
- 1 cup uncooked brown rice, cooked to package instructions
- 2 green apples, diced
- 50g raisins
- A dash of pepper



Garnish:

- 40g raw unsalted cashew nuts

Instructions:

- 1) Heat oil in a large saucepan over medium heat. Fry garlic until fragrant.
- 2) Add brown rice and stir fry for 5 minutes.
- 3) Add apples, raisins and pepper and fry for another 5 minutes.
- 4) To serve, garnish fried rice with cashew nut.

Nutrient Analysis:

Nutritional Information (Per Serving)	
Energy	321kcal
Carbohydrate	57g
Protein	6g
Total fat	10g
Saturated fat	2g
Cholesterol	0mg
Dietary fibre	3g
Sodium	8mg

