

Cilantro Green Rice with Spinach & Lime

Serves: 6

Prep: 10 minutes

Cook: 20 minutes

Stack Cup



This is a Monash University Low FODMAP Certified™ recipe by FODifyIt!.

Ingredients	Metric	Imperial
2¾ cups Low FODMAP Chicken Stock, or water	655 g	23.1 oz
½ tsp fine sea salt	2.5 g	0.09 oz
1½ cups white rice; I use basmati because it's fluffy	285 g	10.1 oz
2 tbsps low FODMAP garlic-infused oil, made with extra virgin olive oil	30 g	1.06 oz
1 cup fresh baby spinach	50 g	1.76 oz
¼ cup thin sliced scallions, green parts only	13 g	0.46 oz
1 cup fresh medium packed cilantro, mostly leaves, chopped fine	16 g	0.56 oz
Juice of 1 lime, plus more to your taste	42 g	1.48 oz

Method

1. Bring the stock or water with salt to a boil in a medium saucepan over high heat. Add the rice and boil for 2 minutes. Reduce to simmer and cover with a lid. Simmer for 15 minutes or until the rice is tender and fluffs nicely with a fork. Remove from heat and keep covered.
2. Pour the oil into a small sauté pan or nonstick skillet over medium high heat until it shimmers. Add the spinach and scallion greens. Stir with a spatula until the spinach is tender. This will take 2 to 3 minutes and the spinach will reduce considerably.
3. Spoon the spinach and scallions with pan liquid into a blender along with the cilantro and lime juice. Give it a few pulses and scrape down with a spatula. Continue to pulse until everything begins to combine and you have a coarse pesto consistency. If you have a stubborn mixture, add 1 tablespoon (15 ml) of water to get things moving.
4. Spoon the mixture into the rice. Gently stir and fluff to incorporate. Taste and adjust for salt and lime. Serve immediately.
5. Stored in an airtight container, green rice will keep up to 3 days in the refrigerator.

Nutrition Information (per serve)

Energy	1174 Kj / 281 cal
Protein	5.04g
Carbohydrates	52.03g

Sugar	0.44g
Total Fat	5.10g
Saturated Fat	0.85g
Fibre	1.63g