

Low FODMAP Three-coloured Rice Bowl

Serves: 1

Prep: 15 minutes

Cook: 20 minutes



Ingredients	Metric	Imperial
White rice, cooked	150 g	5.3 oz
Chicken mince (ground chicken)	50 g	1.8 oz
[A] 1 tsp sake (Japanese rice wine)	5 g	0.18 oz
[A] 1 tsp white sugar	5 g	0.18 oz
[A] 1 tsp soy sauce	5 g	0.18 oz
[B] 1 medium egg		
[B] 1 tsp white sugar	5 g	0.18 oz
[B] 1 pinch salt		
[C] 2-3 heads spinach	60 g	2.1 oz
[C] 2 tsp soy sauce	10 g	0.35 oz
[C] 1 tbsp sesame seeds	9 g	0.32 oz

Method

1. Beat the egg and mix with the seasonings from [B].
2. Heat a frying pan, pour in the egg mixture, stir quickly to scramble, and remove to a plate.
3. Using the same frying pan, stir-fry the ground chicken. Once it starts to cook, add the pre-mixed seasonings from [A] and stir quickly.
4. Boil the spinach, cool it in water, cut it into 2 cm pieces, and squeeze out excess water.
5. Mix the spinach with the seasonings from [C].
6. Serve rice in a bowl, then top with the ground chicken, scrambled eggs, and spinach.

Nutrition Information (per serve)	
Energy	2141 Kj / 512 cal
Protein	28.20g
Carbohydrates	64.70g
Sugar	9.50g
Total Fat	14.10g
Saturated Fat	3.10g
Fibre	3.60g