

# Low FODMAP Nasi Goreng - Indonesian Fried Rice

Serves: 4

Prep: 10 minutes

Cook: 10 minutes



Stack Cup

Ingredients	Metric	Imperial
1½ tbsp garlic-infused olive oil	20 g	0.7 oz
1 tbsp canola oil	13 g	0.5 oz
2 tsp sesame oil	6 g	0.2 oz
1 cup finely sliced chicken breast or hard tofu, cubed	244 g	8.6 oz
1 tbsp ginger, finely chopped	12 g	0.4 oz
1 tsp fresh red chilli, finely chopped (optional or to taste)	2 g	0.07 oz
1 cup green onion tops, finely sliced	88 g	3.1 oz
1 cup carrot, coarsely grated	122 g	4.3 oz
4 cups cold, cooked brown rice (broken into separate grains)	572 g	20.2 oz
4 tbsp ketjap manis (kecap manis/Sweet soy)	80 g	2.8 oz
2 tbsp lime juice	40 g	1.4 oz
2 tbsp soy sauce (or to taste)	36 g	1.3 oz
4 large eggs	234 g	8.25 oz

## Method

1. Heat oils in a wok or non-stick pot over high heat. Add chicken (or prawns or tofu), ginger and chilli and cook for about 3 minutes or until chicken is just cooked.
2. Add rice, carrot and green onion tops to the stir-fry and cook over high heat for a further 3 minutes. Drizzle with the ketjap manis, soy sauce and lime juice and stir-fry until the rice is thoroughly heated through (about 5 minutes).
3. Top each serve of rice with a lightly fried egg and serve with the garnishes you please.

## Hints

- To cook the rice, just add 1½ cups of brown rice to 3 cups of water, cover and either cook on the stovetop or in a microwave for 30 minutes. Keep covered for at least 15 minutes then when completely cool preferably refrigerate overnight or use.
- You could use left-over cooked chicken, seafood or pork instead of fresh chicken. Just add it in when you add the rice to the stir-fry.
- You can add extra low FODMAP vegetables such as green beans, bok choy, common or Chinese cabbage, red capsicum or whatever takes your fancy. Remember to check the App or booklet for serving sizes.

Nutrition Information (per serve)	
<b>Energy</b>	2534 Kj / 606 cal
<b>Protein</b>	28.70g
<b>Carbohydrates</b>	68.60g
<b>Sugar</b>	21.90g
<b>Total Fat</b>	22.80g
<b>Saturated Fat</b>	4.30g
<b>Fibre</b>	5.90g