

HEALTHY COOKING

▶ LOW CARB NASI GORENG



SERVES 2

INGREDIENTS

- ▶ 2 cups either shredded cabbage or grated cauliflower
- ▶ 2 Tbs peanut or sesame oil
- ▶ 2 garlic cloves, sliced thinly
- ▶ 1 Tbs fresh ginger, grated
- ▶ 1 Tbs soy sauce
- ▶ Splash of fish sauce
- ▶ 150g of meat (chicken, peeled prawn or beef) – if using chicken or beef slice thinly, leave prawns whole
- ▶ 2 shallots, sliced thinly
- ▶ 1 carrot, diced finely
- ▶ 1 celery stick, diced finely
- ▶ 100g mung bean sprouts
- ▶ ½ cucumber, sliced into rounds
- ▶ 2 eggs

Fry the shredded cabbage or grated cauliflower in 1 Tbs of the oil; add the garlic, ginger, soy sauce and fish sauce. Simmer until all liquids are absorbed. In a separate pan heat the remaining oil and add the meat; once browned add the carrot and celery. Cook until meat is ready. Add the meat mixture and bean sprouts to the cabbage/cauliflower mixture. Using the still hot pan from the meat – quickly fry the eggs.

Place the cucumber slices on the edge of two plates, then evenly spoon the mixture in the middle of each plate and place one egg on top of each dish.

Each serving:

Protein: 23g (with either beef or chicken option) or 26g with prawn option. Carbohydrate: 7.0g | Butter/Oil: 15ml

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