



Nasi Kuning

Serves 2

Prep time: 10 mins

Cook time: 20 mins

Ingredients:

- ½ cup (100g) uncooked white rice
- ½ cup (100g) uncooked brown rice
- ½ tbsp oil
- 1 tsp turmeric powder
- 1 tsp coriander powder
- 2 cloves garlic
- 1 tsp peppercorn
- 1 pandan leaf
- ¼ cup low-fat evaporated milk
- Salt to taste
- 2 cups (500ml) water
- 200g canned tuna flakes in water
- 1 tomato, diced
- 50g green peas
- 1 tbsp raisins (optional)
- 1 tbsp almond flakes (optional)

- 3 lime leaves, finely chopped
- 2 tbsp lemongrass, chopped

Protein

Method:

1. Wash the rice and drain.
2. Heat the oil in a non-stick wok. Stir-fry rice, turmeric, coriander, garlic, lemongrass and lime leaves.
3. Transfer to a rice cooker. Add the peppercorns, pandan leaf, salt, low-fat evaporated milk and water. Then bring to a boil with the lid uncovered.
4. Stir to mix. Cover the rice cooker and let it simmer until cooked.
5. Fold in the tuna, diced tomatoes and green peas while the rice is hot.
6. Garnish with raisins, almond flakes, lime leaves and lemongrass.
7. Serve hot.

Healthier Eating Tips

Reducing the amount of salt consumed can help manage high blood pressure. However cutting out the salt doesn't mean you have cut out the flavour. Use herbs, spices and even nuts to give exciting flavours and even texture to your food.

