



Serves: 4

Vegetarian Fried Brown Rice Vermicelli

Ingredients

- Brown rice vermicelli 300g*
- Carrots, thinly shredded 200g
- Dried mushroom, soaked and sliced, reserve water 4
- Button mushrooms, sliced 10
- Bean sprouts 1 cup
- Sunflower oil 1 tbsp*
- Salt, added to 240ml of water ½ tsp
- Garlic, chopped 2 cloves
- Mock meat, cut into strips 150g
- Choy sum 150g
- Light soy sauce 1 tsp*
- Pepper, to taste
- Sesame oil, to taste*

*Choose products with the Healthier Choice Symbol.

Tips:

- Use more water when cooking wholegrains, as wholegrains absorb more water than refined grains.
- Use unsaturated oils (e.g. sunflower oil, canola oil, olive oil) instead of saturated oils (e.g. ghee, butter, blended vegetable oil) to reduce your risk of heart disease.
- Cooking carrots and tomatoes helps to release their phytochemicals, thus making them more available for absorption by the body.

Method

- Heat oil and sauté garlic. Add carrots, button mushrooms, dried mushrooms, bean sprouts and stir-fry.
- Add mock meat.
- Add vermicelli and stir-fry for a few minutes. Then add choy sum.
- Slowly pour the salted water and "mushroom-soaked water" and stir-fry. Adjust the amount of water as desired.
- Add pepper, sesame oil and light soy sauce.
- Continue to stir-fry until fragrant. Serve hot.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 425kcal
Protein 14.6g
Total fat (g and % of total calories)
7.4g (15.5%)
Saturated fat 1.9g
Cholesterol 0mg
Carbohydrate 76.7g
Dietary Fiber 9.6g
Sodium 561mg