



Cook time: 15 mins

Serves: 4

Prep time: 10 mins

Fried Olive Rice

Ingredients

- 1 tbsp olive oil*
- 2 cloves garlic, minced
- 300g lean minced meat
- 10 salted Chinese olives, rinsed and deseeded
- 150g long beans, chopped into ½cm lengths
- Dash of pepper
- 1½ cups brown rice, cooked and refrigerated for at least 2 hours*
- 2 cups basmati rice, cooked and refrigerated for at least 2 hours
- 1 red chilli, diced (optional)
- 2 tbsp cashews, chopped*
- 1 tbsp sesame oil*

*Choose products with the Healthier Choice Symbol.

Method

- Heat the oil in a non-stick wok and sauté the garlic for about 1 minute or until fragrant.
- Add the minced meat and stir-fry, breaking the meat into little bits.
- Add olives, long beans and pepper. Fry until minced meat and long beans are cooked.
- Stir in the cooked rice, chilli, cashews and sesame oil, and toss until rice is heated through and well mixed with other ingredients.
- Serve warm.

Nutrition Information (Per Serving):

Energy: 323kcal

Protein: 12.8g

Total fat: 12.4g

Carbohydrates: 40g

Dietary fibre: 1.4g