Method

- Prepare the basmati rice.
- Place a pan over medium heat.
- Add the olive oil, spring onions and garlic.
- Sauté until golden and add the celery and ginger.
- Sauté for 2-3 minutes.
- Add the basmati rice and tuna.
- Sauté for 2-3 minutes, stirring constantly so that it does not stick to the pan.
- Add the soy sauce, stir gently and cook for 1-2 minutes.
- When ready, remove from heat and add the spring onion, parsley and lime zest.
- Stir and serve.

Tip

Ingredients

- 200 g basmati rice
- 2 tablespoons olive oil
- 1 onion, finely chopped
- 2 cloves of garlic
- 4 celery stalks, cut into 2 mm slices
- 40 g fresh ginger, finely chopped
- 100 g soy sauce
- 2 cans of tuna in oil, drained
- 2 spring onions, thinly sliced
- ¼ bunch parsley, finely chopped
- grated zest of 1 lime

Διατροφικός πίνακας

Nutrition information per portion

<table>
<thead>
<tr>
<th>Calories (kcal)</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Total Carbs (g)</th>
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<tbody>
<tr>
<td>669</td>
<td>13.0</td>
<td>1.7</td>
<td>89.0</td>
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<td>19%</td>
<td>9%</td>
<td>34%</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Sugars (g)</th>
<th>Protein (g)</th>
<th>Fibre (g)</th>
<th>Sodium (g)</th>
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<tr>
<td>7%</td>
<td>96%</td>
<td>21%</td>
<td>135%</td>
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