



Brown rice vegetable stir-fry

25'
Hands on

10'
Cook Time

6-8
Portion(s)

1
Difficulty



Ingredients

- 250 g brown rice
- 5 tablespoon(s) olive oil
- 1 onion
- 150 g broccoli
- 150 g shiitake mushrooms
- 1 carrot
- 80 g baby corn, boiled
- 50 g soy sauce
- 50 g [sweet chili sauce](#)
- 1 tablespoon(s) [peanut butter](#)
- 1 tablespoon(s) sesame oil

To serve

- 200 g noodles, rice
- 300 ml seed oil
- 2 spring onions
- coriander

Method

- Add the rice into a [pot](#) with boiling water and boil it for 10-12 minutes, until tender.
- At the same time, place a frying pan over high heat and add 1 tablespoon olive oil.
- [Cut](#) the onion into 4 pieces, separate its layers, and add them to the pan. Sauté for 1-2 minutes. Once they are golden, transfer them to the sides of the pan.
- Cut the broccoli into small florets and add them to the center of the pan with 1 tablespoon olive oil.
- Cut the mushrooms in half, the carrot into thin strips, the baby corn in half, and add them successively into the pan along with 1 tablespoon of olive oil for each veggie. Sauté each vegetable for 1-2 minutes before adding the next.
- Mix all the veggies together and sauté them for another 3-4 minutes.
- Drain the rice and add it to the pan.
- Add 100 g of the water where the rice boiled and mix.
- Deglaze the pan with the soy sauce and add the sweet chili sauce, the peanut butter, and mix well.
- Remove from the heat and add the sesame oil.
- In a frying pan or a fryer, add the seed oil and let it reach 190 °C (370° F). Add the noodles and allow 10 seconds for them to puff. Remove and transfer them to paper towels.
- Serve the stir fry with the noodles, the green part of the spring onions finely chopped, and coriander.

Διατροφικός πίνακας

Nutrition information per portion

267 Calories (kcal)	12.0 Total Fat (g)	1.8 Saturated Fat (g)	33.0 Total Carbs (g)
13%	17%	9%	13%
6.3 Sugars (g)	5.7 Protein (g)	4.8 Fibre (g)	0.98 Sodium (g)
7%	11%	19%	16%