Sprats, Gotukola and Peanut Rice

Ingredients

- g Cooked Rice
- tbsp Oil
- g Gotukola
- g Sprats
- g Peanuts
- tbsp Ginger and garlic paste
- tbsp Salt
- g Maggi vegetable seasoning cube

Instructions

1. Deep fry the sprats, gotukola and peanuts separately.
2. Place a pan on the stove and pour 3tbsp of oil and sauté the sliced garlic, peanuts and sprats, whilst mixing.
3. Add to this 350g of cooked rice and continue mixing.
4. Add the fried gotukola and 1 tsp of salt while mixing.
5. Transfer to a plate and enjoy while warm!

15 Minutes

3 Portions

Nutrition

Carbohydrates	86.48 g
Energy	535.02 kcal
Fats	32.22 g
Fiber	7.73 g
Protein	18.27 g
Sodium	2726.75 mg
Sugars	1.99 g