

SAUTÉED RICE



Ingredients (For 4 people)

- 500 g cooked rice
- 3 eggs cooked as an omelette
- 200 g peas
- 200 g cubed carrots
- 100 g mungo bean sprouts
- 30 g rehydrated raisins
- 30 g cashew nuts
- A few sprigs of coriander
- Lime juice
- Soya sauce
- 2 shallots
- 2 cloves of garlic
- 2 tbsp HOLL colza oil

Preparation:

Sauté the carrots, peas, shallot and crushed garlic with a small amount of HOLL colza oil.

Add the rice and sauté the rice with the vegetables for a few minutes.

Chop the omelette, incorporate it into the rice, and add the raisins and cashew nuts.

Season with the lime juice and soya sauce.

Add the sprigs of coriander and the mungo sprouts to serve.

