

Mock Fried Rice

Serves: 4

Ingredients

100g Dried Soya Mince
300ml Water
1 Chicken Stock Cube
1 tsp Ground Cumin
1 tsp Ground Coriander
½ tsp Crushed Chilli Flakes
1 Clove Garlic Crushed
1 Red Pepper Diced
½ Courgette Sliced
5 Spring Onions Sliced
1 tsp of Soya Sauce
Salt & Pepper
1 tsp of coconut oil.



Directions

Bring water to the boil and stir in ground cumin, coriander and stock cube until dissolved. Then add dried soya mince and stir until all liquid has been absorbed place lid on pan and leave to stand for 5 minutes. In a large frying pan with the coconut oil add the garlic, red pepper, courgette, spring onions and chilli cook for 5 minutes add the soya sauce and stir well. Now add the soya mince that has now rehydrated stir until all ingredients are mixed, season with salt and pepper to taste.

Nutritional Facts per serving

115 Kcals
15g Protein
8g Carbs
1g Fat