

Chinese Stir-Fried Rice Cakes

Recipe recommended by ANISSA LEE
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MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	530 kj	7%
Energy (kcal)	126 kcal	7%
Fat	4.8g	8%
of which saturates	0.5g	4%
Carbohydrate	15g	6%
of which sugars	2g	2%
Fibre	1.8g	7%
Protein	5.3g	11%
Salt	0.91g	15%

Generated by Nutricis v5.61 on 14/07/2022

INGREDIENTS: (Serves 1 - 652 kcal per 516g serving)

115g Mushrooms, oyster, raw, chopped into 1 inch cubes
120g Cabbage, chinese, raw, chopped into 1 inch cubes
116g Firm tofu, raw, chopped into 1 inch cubes **(SOYA)**
10g Spring onions, bulbs and tops, raw, sliced into ¼ inch pieces
1 tablespoon oil, vegetable
15g Soy sauce, light **(SOYA) (GLUTEN)**
15g Vegetarian oyster sauce **(GLUTEN)**
¼ Teaspoon Sugar, white
10g Corn starch* (please see below)
4 Tablespoon hot water
100g Rice cakes

OPTIONAL EXTRAS:

1 Egg **(EGG)**
1 Tablespoon Sesame seeds **(SESAME)**

METHOD:

1. Prepare half a pot of water and bring to a boil to cook the rice cakes. Add the rice cakes and boil for 5 minutes.
2. Mix together the soy sauce, vegetarian oyster sauce, sugar, corn starch and hot water to make the sauce.
3. Once rice cakes are cooked, drain them and set aside in a bowl.
4. Add the 1 tablespoon of vegetable oil into another pot and fry the mushroom for 5 minutes approximately.
5. Add in cabbage and cook for another 5 minutes
6. Add in the tofu, rice cake and spring onion and stir for 1 minute. Then add the sauce to the pot and let it simmer for 3 minutes. You can also add an egg into the sauce if desired, it creates a creamy texture to the sauce.
7. Serve with sesame seeds if desired and enjoy!

ALLERGENS



MODIFY

*Corn starch can be substituted with 10g of potato starch or rice flour.

CREDIT

Recipe by: Anissa Lee
Photo by: Anissa Lee