

# Simple Kimchi Fried Rice

Recipe recommended by ANISSA LEE  
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## MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	731kj	9%
Energy (kcal)	174kcal	9%
Fat	7.5g	11%
of which saturates	1.0g	5%
Carbohydrate	22g	8%
of which sugars	1.5g	2%
Fibre	1.8g	7%
Protein	4.2g	8%
Salt	1.3g	22%

Generated by Nutritics v5.61 on 18/08/2022

### INGREDIENTS: (Serves 2 - 453 kcal per 260g serving)

- 320g Rice, short-grain, cooked
- 1 Tablespoon Oil, sesame (**SESAME**)
- 1 Tablespoon Oil, vegetable
- 125g Vegan kimchi, raw, cut into small pieces (**SOYA**)
- 15g Gochujang, Korean red pepper paste (**GLUTEN**)
- 1 Tablespoon Soy sauce (**SOYA**) (**GLUTEN**)
- 5g Seaweed, nori, dried, raw, cut into small pieces
- 1 Tablespoon Sesame seeds (**SESAME**)

### OPTIONAL EXTRAS:

- 1 Fried egg (**EGG**)

### METHOD:

- In a bowl, mix the cooked rice with sesame oil and set aside.
- Heat vegetable oil on a large frying pan on high setting and cook the vegan kimchi for 3 minutes.
- Mix in the red pepper paste and soy sauce with the kimchi and add the rice. Cook for another 5 minutes, stirring well to ensure every grain is coated.
- Serve the fried rice with seaweed and sesame seeds on top, or even with a fried egg if desired!

### ALLERGENS



### MODIFY

Switch white rice for wholegrain, black or red rice for added fibre

### CREDIT

Recipe by: Anissa Lee  
Photo by: Anissa Lee