

# Vegetable Congee

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

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	373kj	4%
Energy (kcal)	88kcal	4%
Fat	0.9g	1%
of which saturates	0g	0%
Carbohydrate	16g	6%
of which sugars	0.8g	1%
Fibre	1.5g	6%
Protein	3.6g	7%
Salt	0.02g	0%

Generated by Nutritics v5.61 on 21/08/2022

### INGREDIENTS: (Serves 4 - 348kcal per 395g serving)

200g Rice, brown, short-grain, raw\* (please see below)  
1kg Water  
10g Ginger, raw, peeled  
100g Mushroom, shitake, dried, sliced, soaked overnight in water  
100g Mushroom, mixed, dried, sliced, soaked overnight in water  
135g Sweet potato, raw, flesh only, 1-inch cubes  
40g Spinach, raw

### OPTIONAL EXTRAS:

4 Tablespoon Soy sauce (**SOYA**)  
10g Spring onion, bulbs and tops, sliced

### METHOD:

1. Rinse the rice well and drain. In a large pot, add the rice, vegetable stock or water, and ginger. Bring to a boil, then turn the heat down and simmer, covered, stirring occasionally.
2. When the congee has been cooking for 45 minutes, add the mushrooms into the congee. Slowly pour in the soaking liquid, discarding the last bits of liquid where any dirt and grit may have accumulated. Stir in the sweet potatoes. Cover and continue simmering, stirring occasionally, for another 30 minutes.
3. After 30 minutes have passed, the rice grains should have fully softened and absorbed most of the water. Add spinach to the congee and let it cook for 1 minute.
4. Serve warm with desired toppings.

### ALLERGENS



SOYA

### MODIFY

\*brown rice can be substituted  
for other rice varieties,  
or quinoa

### CREDIT

Recipe by: The Worktop  
Photo by: The Worktop

