

Fried Rice Makeover



Original Fried Rice

Serving size: 250g
Cost per serve: \$2.13*



Makeover Fried Rice

Serving size: 250g
Cost per serve: \$1.75*

Easy changes we made for the healthy way

We reduced the cost, energy, saturated fat, salt (sodium) and increased the vegetable content by:

- Reducing the rice, oil, eggs, chicken, shrimps, soy sauce
- Swapping cooked beef for the Chinese sausage
- Increasing the carrots, beans,
- Adding broccoli, bean sprouts
- Omitting oyster sauce



Ingredients- 10 serves

Original

Cooked rice	1kg (555g dry)
Oil	45ml
Eggs	6
Chicken, cooked	185g (280g raw)
Chinese sausage (Lap Chang)	165g
Shrimps	215g
Carrot	200g
Onion	185g
Peas	215g
Soy sauce	45ml
Oyster sauce	45ml
Beans	200g

Makeover

Cooked rice	700g (370g dry)
Oil	10ml
Eggs	4
Chicken, cooked	125g (190g raw)
Shrimps	145g
Cooked beef	145g (215g raw)
Carrot	275g
Peas (frozen)	150g
Broccoli	190g
Bean Sprouts	210g
Onion	190g
Soy Sauce	30ml
Green beans (frozen)	250g

Method for Makeover

1. In a pot of boiling water blanch the carrot and broccoli, set aside
2. Heat oil in a wok
3. Add beaten eggs and stir to cook for approximately 30 seconds
4. Add all other ingredients and stir fry over high heat until all ingredients are cooked through

Nutrient Information

	Original	Makeover	Difference
	Per serve	Per serve	Per serve
Energy	1544kJ	810kJ	734kJ
Fat	15.7g	4.9g	10.8g
Saturated fat	4.3g	1.3g	3.0g
Carbohydrate	39.5g	20.6g	18.9g
Sugar	3.5g	4.4g	0.9g
Fibre	3.4g	3.7g	0.3g
Sodium (Na)	758mg	320mg	438mg

*Costs as at July 2013, Countdown Online <http://shop.countdown.co.nz/>