

Gluten Free Fried Black Rice



Preparation time: 25 mins

Serves: 4 people

User Rating: ★★★★★

Publication: 23 August 2021

Categories: Quick & Easy, Dinner Recipes



Ingredients

- 1 cup black rice
- 1 tbsp extra virgin olive oil
- 4 rashers short cut bacon, fat trimmed & diced
- 1 carrot, diced
- 1 ear corn, kernels sliced off with sharp knife
- 2 cloves garlic, peeled & finely chopped
- 1 x 3cm knob ginger, peeled & finely chopped or grated
- 15ml oyster sauce
- 15ml salt reduced soy sauce
- 15ml mirin
- 1 tsp sesame oil

- ½ cup frozen green peas
- 4 silverbeet leaves, white core removed & leaves shredded
- 4 eggs, whisked with fork
- 400g green prawns, peeled, tails on
- 4 green onions, sliced
- ½ bunch fresh coriander

Method

1. Bring a large pan of salted water to the boil. Add the black rice and simmer for 20-25 minutes until cooked. Drain, spread on a tray and leave in the fridge, preferably overnight to dry out a little. This prevents the rice from sticking so much. If you don't have time to do this, you can use straight away.
2. In a wok or large frying pan, drizzle with the extra virgin olive oil and add the bacon. Fry until crispy and add the carrot, corn, garlic and ginger. Sauté until softened.
3. Add the oyster sauce, soy sauce and mirin. Stir to combine.
4. Add the sesame oil, cooked rice, peas and silverbeet. Gently fold together and turn down the heat so that the bottom doesn't burn.
5. Heat a small frying pan, drizzle with extra virgin olive oil and add the eggs. Gently move, folding the eggs to make a kind of omelette rather than scrambled eggs. Break up into nice chunks and add to the rice. Gently mix through.
6. Brush the prawns with extra virgin olive oil and cook on a griddle plate or BBQ for 2-3 minutes until just cooked through. (Alternatively, you can push the rice to one side and fry the prawns in the wok – the only reason to cook them separately is to prevent the purple colour from the rice transferring to the prawns. They look nicer on top – but taste just as good mixed through.)
7. Serve the fried rice topped with the prawns and scattered with green onions and fresh coriander.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
460g	2135kj 510kcal	40.1g	14.3g	3.9g	53.4g	9.7g	1405mg	7.4g
Vitamin D								
3µg								

All nutrition values are per serve.