

7 HEALTHY RICE RECIPES



WILD RICE SALAD

Cals Per Serving : 305Cals

INGREDIENTS SERVES 2

- 1) 1 cup Cooked and Chilled Wild Rice
*You can use another other rice of your choice
- 2) ½ Red Bell Pepper, diced
- 3) ½ cup Cherry Tomatoes, halved
- 4) 1 Small Onion, diced
- 5) ¼ cup Corn
- 6) ¼ cup Cucumber, diced
- 7) ¼ cup Olives, halved
- 8) ½ can Beans, rinsed and drained

DRESSING

- 1) 3 tbsps. Lemon Juice
- 2) 1 tbsps. Olive Oil
- 3) ½ tsp. Maple Syrup
- 4) ½ tsp. Smoked Paprika
- 5) ¼ tsp. Cumin Powder
- 6) ¼ tsp. Garlic Powder
- 7) Salt and Black Pepper to taste

STEPS

- 1) In a small bowl, mix together all the dressing ingredients and set aside.
- 2) To make the salad, simply assemble all the ingredients in a bowl.
- 3) Start with the rice as the base and arrange all the vegetables.
- 4) Drizzle with some dressing and serve.



GARLIC EGG FRIED RICE

Cals Per Serving : 200Cals

STEPS

- 1) Beat the eggs and put to one side.
- 2) In a pan, heat oil over medium high heat, add garlic and sauté garlic until lightly browned.
- 3) Add the beaten eggs and stir continuously until it's scrambled properly.
- 4) Then quickly add in the cooked rice and green onions.
- 5) Keep mixing until all the ingredients are well blended.
- 6) Don't forget to also season with a pinch of salt. Serve hot!

INGREDIENTS SERVES 3 - 4

- 1) 2 cups Cooked Rice
- 2) 2 Garlic Cloves, minced
- 3) 2 Green Onions, roughly chopped
- 4) 2 Eggs, lightly beaten
- 5) 2 tbsps. Sesame Oil
- 6) A pinch of Salt





SALMON POKE BOWL

Cals Per Serving : 465Cals

INGREDIENTS

- 1) 1 cup Cooked Rice
- 2) 1/3 cup Raw Salmon, cut into cubes
- 3) 1/4 Avocado, cut into cubes
- 4) 1/4 cup Steamed Edamame
- 5) 1/4 cup Mango, cut into cubes

Marination:

- 1) 1 tsp. Sesame Oil
- 2) 1 tsp. Soy Sauce
- 3) 1/2 tsp. Sesame Seeds

STEPS

- 1) Start by marinating the salmon. In a small bowl, mix together soy sauce, sesame oil and sesame seeds.
- 2) Pour onto salmon and let it sit for about 15 minutes.
- 3) Next, assemble all the ingredients in a bowl.
- 4) Always start with the base, which is the rice, then arrange the rest of the ingredients.
- 5) Drizzle with a little bit of sauce and serve.

ONE POT FISH & RICE SOUP

Cals Per Serving : 361Cals

INGREDIENTS SERVES 3

- 1) 4 cups Chicken / Fish / Vegetable Broth
- 2) 400g Dory Fish Fillet
*or any other fish of your choice
- 3) ½ cup Uncooked Rice, rinsed
- 4) ½ can Black or Pinto Beans, rinsed and drained
- 5) ½ can Diced Tomatoes
- 6) ½ cup Corn
- 7) 1 tsp. Cumin Powder
- 8) 1 tsp. Garlic Powder
- 9) 1 tsp. Cayenne Powder
- 10) 1 tsp. Mixed Herbs
- 11) 1 tsp. Salt

STEPS

- 1) Start by prepping the rice. Fill a large pot with 4 cups of broth and the uncooked rice.
- 2) Cover, bring to a boil and allow the rice to almost cook for 25 – 30 minutes. Adjust the cooking time, depending on the rice you're using.
- 3) Once the rice is almost ready, stir in all the ingredients – fish, beans, diced tomatoes, corn and spices.
- 4) Allow the ingredients to simmer for another 10 – 15 minutes until the fish and rice are fully cooked and the soup thickens slightly.
- 5) Stir occasionally and serve hot.



FISH CONGEE

Cals Per Serving : 336Cals

STEPS

- 1) Combine fish, soy sauce and sesame oil in a bowl. Mix well and allow it to marinate for 20 minutes.
- 2) Grind the rice in a food processor. This will speed up the cooking process and more importantly you'll have a really soft and smooth congee.
- 3) In a large pot, combine rice and 5 cups of water. Set it on the stove to boil.
- 4) When water comes to a boil, open the lid slightly and allow it to simmer on medium heat for 10 – 15 minutes. Stir frequently.
- 5) If congee gets too thick at any point, add in ½ cup of water to dilute it.
- 6) After 10 minutes or once congee is soft, add in the marinated fish and a pinch of salt. Continue stirring until all the ingredients are mixed well.
- 7) Increase to high heat and allow all the ingredients to cook for another 3 – 5 minutes.
- 8) Finally, stir in the fish sauce. Remove from heat and serve warm.
- 9) Top it up with spring onions, ginger slices, parsley and a few drops of sesame oil and soy sauce. If you like a hint of spice, you may add white pepper powder too.

INGREDIENTS SERVES 2

- 1) 150g uncooked White Rice, washed and rinsed
- 2) 5 cups Water
- 3) 4oz (113g) Cod / Seabass /Grouper Fish, thinly sliced
**For vegetarians, you may omit this.
- 4) ½ tbsp. Soy Sauce
- 5) ½ tsp. Sesame Oil
- 6) ½ tbsp. Fish Sauce (optional)
- 7) A pinch of Salt

GARNISH

- 1) Spring Onions
- 2) Ginger Slices
- 3) Parsley



TEMPEH CHILLI CON CARNE

Cals Per Serving : 420Cals with 1 cup Cooked Rice

INGREDIENTS SERVES 4

- 1) 2 tbsps. Olive oil, divided
- 2) 1 cup Tempeh, cut in cubes
- 3) 2 tps. Soy Sauce
- 4) 1 Red Bell Pepper, diced
- 5) 1 cup Zucchini, cut into cubes
- 6) 1 Carrot, diced
- 7) 2 Garlic Cloves, minced
- 8) 1 medium Onion, diced
- 9) 1 can Black Beans, rinsed & drained
- 10) 1 can Diced Tomatoes
- 11) 1 tbsp. Smoked Paprika
- 12) ½ tsp. Cumin Powder
- 13) ¼ tsp. Cayenne Pepper
- 14) 2 sprigs Coriander, roughly chopped
- 15) 1 cup Cooked Rice

STEPS

- 1) Using 1 tbsp. of olive oil, sauté the tempeh until it is lightly golden brown, about 3-5 minutes.
- 2) Then add in the soy sauce, and sauté for another minute, until the soy sauce is sticky and dissolved. Set aside.
- 3) With the remaining 1 tbsp. of olive oil, sauté all the vegetables – garlic, onion, zucchini, carrot and bell pepper.
- 4) Add the seasonings - smoked paprika, cumin powder and cayenne pepper.
- 5) Then add in the black beans, chopped tomatoes and tempeh.
- 6) Allow all the ingredients to simmer for 20 – 30 minutes until the sauce thickens. Don't forget to stir occasionally and if necessary, add some water.
- 7) Garnish with coriander and serve with rice.

LIGHT VEGETABLE CURRY WITH BASMATI RICE

Cals Per Serving : 476Cals with 1 cup Basmati Rice

INGREDIENTS SERVES 4

- 1) 300g Carrot, cut into cubes
- 2) 200g Spinach, fresh or frozen
- 3) 1 can (240g) Chickpeas, rinsed and drained
- 4) 1 can (400g) Diced Tomato
- 5) ½ cup Light Coconut Milk
- 6) 1 tbsp. Olive Oil
- 7) 1 medium Onion, diced
- 8) 6 Garlic Cloves, minced
- 9) Thumb-size piece Ginger, minced
- 10) 1 tbsp. Cumin
- 11) 1 tbsp. Curry Powder
- 12) 1 tsp. Paprika
- 13) Salt & Pepper to Taste

STEPS

- 1) Sauté onion and garlic with olive oil until tender and golden brown, about 2 - 3 minutes.
- 2) Add ginger, cumin, curry powder, paprika, salt and pepper. Stir to combine before adding in the diced tomatoes, chickpeas and spinach.
- 3) The stir in the coconut milk and bring to a simmer. Reduce heat to low and cook everything together for 10 - 15 minutes before serving.
- 4) Stir occasionally and serve hot with a small bowl of basmati rice.