



Warm Rice Salad

SERVES 4

Ingredients

- 1 medium sweet potato (130g)
- 1 tbsp olive oil
- 1 clove garlic, minced
- 2 shallot, minced
- ½ tsp cumin seeds
- 1 red pepper, chopped (150g)
- 400g minced beef
- 1 tbsp olive oil
- 3 tbsp orange juice
- 2 cups brown rice, cooked
- ¼ cup almonds, slivered
- 8 dried apricots, minced
- 4 tbsp plain low-fat yoghurt
- Salt and pepper, to taste



Nutrition Information Per Serving

Energy	555kcal
Carbohydrate	49g
Protein	38g
Total fat	23g
Saturated fat	3.9g
Cholesterol	1.2g
Dietary fibre	15.2g
Sodium	120mg
Carbohydrate exchange	~ 3.2 exchanges

Method of preparation

1. Roast sweet potato in the oven for 30 minutes at 180°C. No pre-heating is required. After roasting, chop into 2 to 3cm chunks.
2. Heat olive oil in a pan over medium heat.
3. Add garlic, shallot, and cumin seeds and sauté for 1 minute. Add in red peppers and sauté for 2 minutes. Lastly, add minced beef and sauté for 10 minutes until cooked through. Remove from heat.
4. In a separate small bowl, prepare salad dressing. Mix olive oil, orange juice and flavour with salt and pepper to taste.
5. In a large salad bowl, mix brown rice, sweet potato, beef mixture, salad dressing, almonds and apricots.
6. Place the rice salad into 4 bowls and top each bowl with 1 tablespoon of plain low-fat yoghurt. Serve immediately.

About the author: Phoi Yan Yin is a dietitian at Changi General Hospital. She enjoys travelling to explore different cultures and their cuisines, reading a good book, and trying out different recipes in the kitchen from time to time.