

# CEREALS & STARCH



Note: 1 cup uncooked rice = approx. 3 cups cooked rice

# Rice

G.I.  
**83\***  
HIGH

WHITE  
Rice

NUTRITION INFO	per serve (1 cup cooked)
Energy	1000 kJ
Protein	4.3g
Total fat	0.4g
Saturated fat	-0-
Fibre	0.95g

G.I.  
**71\***  
HIGH

BROWN  
Rice

NUTRITION INFO	per serve (1 cup cooked)
Energy	1155 kJ
Protein	5.8g
Total fat	1.8g
Saturated fat	0.4g
Fibre	2.7g

## ABSORPTION METHOD

- 1 Rinse 1 cup of uncooked rice in a strainer under **cold** running water.
- 2 Add the rice and 1+1/2 cups of water to a saucepan; bring to boil on high.
- 3 Place lid on saucepan and reduce heat to low for 15 minutes or until cooked.
- 4 Drain, and rinse rice in a strainer under **hot** running water and serve.

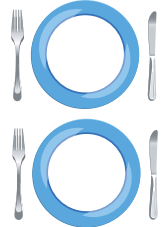
## RAPID BOIL METHOD

- 1 Rinse 1 cup of uncooked rice in a strainer under **cold** running water.
- 2 To a saucepan add 3 cups of water and bring to boil on high heat and add rice.
- 3 Bring water back to boil on medium heat for 10 minutes, stirring occasionally.
- 4 Drain, and rinse rice in a strainer under **hot** running water and serve.

\* SEE PAGE 20  
FOR G.I. OF  
OTHER RICE  
VARIETIES

↓fat ↓saturated fat ↓sugar ↑fibre ↑protein

# Fried Rice



NUTRITION INFO	per serve	per 100g
Energy	1615 kJ	618 kJ
Protein	17g	6.5g
Total fat	9.5g	3.6g
Saturated fat	2.2g	0.8g
Sugar	4.3g	1.6g
Sodium	545mg	209mg
Fibre	4.8g	1.8g

G.I.  
**70**  
MID

## Fried Rice

### INGREDIENTS

- 1/2 cup rice (uncooked) ◆
- 1/2 onion (finely chopped) ◆
- 1 teaspoon crushed ginger (from jar) ◆
- 2 eggs (whisked) ◆
- 1 cup frozen peas-&-corn mix ◆
- 1 slice shoulder ham (diced) ◆
- 1/2 red capsicum (diced) ◆
- 1 tablespoon low-salt soy sauce ◆
- canola oil cooking spray ◆

STORAGE:



FREEZING:



REHEATING:



### METHOD

- 1 Cook 1/2 cup of rice as per the notes above.
- 2 Spray a fry pan with canola oil, add the onion and ginger and cook on a medium heat until soft.
- 3 Pour whisked eggs into the fry pan and stir, adding peas, corn, ham and capsicum and cooking for 3–4 minutes while stirring continuously.
- 4 Add the cooked rice to the pan and stir in well.
- 5 Cook for another 2 minutes then stir soy sauce through the mixture.

Note: 1 cup uncooked pasta = approx. 2.5 cups cooked pasta

# PASTA

NUTRITION INFO	per serve (1 cup cooked)
Energy	756 kJ
Protein	5.9g
Total fat	0.5g
Saturated fat	–0–
Fibre	2.7g

G.I.  
**46**  
LOW

## METHOD

- 1 To a saucepan add 4 cups of water and a pinch of salt.
- 2 Bring to the boil (on a high heat).
- 3 Add 1–2 cups of uncooked pasta, reduce heat to medium and cook for 10 minutes until pasta is tender.
- 4 Drain, and rinse pasta in a strainer under **hot** running water and serve.

# POTATOES

NUTRITION INFO	per serve (medium = 120g)
Energy	350kJ
Protein	3.0g
Total fat	0.1g
Saturated fat	–0–
Sugar	–0–
Sodium	–0–
Fibre	2.0g

G.I.  
**78\***  
HIGH

G.I.  
**44^**  
HIGH

## MICROWAVE METHOD

- 1 Scrub 1 medium potato under cold running water until all dirt is removed from skin.
- 2 Peel and cut into pieces – or cook whole without peeling and pierce skin with a fork.
- 3 In a microwave-safe container, cook on high for 7–10 minutes or until soft (a knife should easily pierce cooked potato).

## BAKING METHOD

- 1 Scrub 1 medium potato under cold running water until all dirt is removed from skin.
- 2 Wrap potato in aluminium foil and place on an oven tray.
- 3 Bake in a preheated oven at 180°C for 40 minutes or until soft (a knife should easily pierce cooked potato).

## BOILING METHOD

- 1 Scrub 1 medium potato under cold running water until all dirt is removed from skin.
- 2 Peel potato and cut into pieces.
- 3 To a saucepan add 4 cups of water, bring to the boil on a high heat, then add the potato pieces.
- 4 Reduce heat to medium and cook for 20 minutes or until soft (a knife should easily pierce cooked potato).

\* WHITE POTATOES  
^ SWEET POTATOES