

C-2, HIRA MANEK, OPP BMC MARKET, BAPISTA ROAD Vile Parle (West), Maharashtra, India, 400056 +91-9820577553 eatfit24by7@gmail.com



Serving: 1 Veg

Ingredients

- For Nasi Goreng:
- 1tbsp Oil
- Handfull Boiled Chickpeas
- 1/4 cup Carrot, cubes
- ½ cup Green Beans ,chopped
- ½ cup Red Pepper, diced
- ½ Onion, chopped
- 2 Garlic Cloves ,minced
- 1 tsp Soy Sauce
- 1 tbsp Kecap Manis
- 1 tsp Chilli Paste
- 1 cup Cauli Rice
- · Salt to taste
- For Kecap Manis (Indonesian Sweet Soy Sauce): Makes about ½ Cup aaprox:
- 20 ml Soy Sauce + 20ml Water + 30 gm Coconut Sugar + 1 Clove + Garlic ½ Inch + Ginger 1 + Star Anise
- GARNISH: Finely Sliced Spring Onions OR Cucumber Slices OR Tomato Slices

Preparation Method

- METHOD For Nasi Goreng
- -Heat ½ tbsp. oil and add 1tbsp kecap manis and toss the chickpea and keep aside.
- -In the same pan, heat the rest of the oil and add garlic, onions and the rest of the veggies and sauté until cooked
- -Add the cauli rice and the rest of the ingredients and mix.
- For Kecap Manis
- -Mix all the ingredients and get to a boil.
- Let it cool and discard the spice chunks