



— Nasi Liwet With Brown Rice —

Nutritional Information

Energy

Cost of Total servings

Cost Per serving

Total servings



1500 kcal

\$6.00

\$1.50

Per serving



375 kcal

Ingredients

- 300g brown rice, cooked
- 30g nasi goreng paste
- 2 eggs
- ¼ tsp salt
- ½ tsp pepper
- 1 tsp olive oil
- 4 banana leaves

Method

- Mix cooked brown rice with nasi goreng paste and season with some pepper, set aside.
 - Beat 2 eggs well and add a pinch of salt and pepper.
 - Heat 1 teaspoon of olive oil and pour in the egg mixture to make a thin omelette.
 - Fold the omelette, cut it thinly and mix it with the seasoned brown rice.
 - Put the rice in the middle of the banana leaf and roll it up securing with toothpicks.
 - Grill the wrapped rice in banana leaf in an oven at 180°C for 5 to 10 minutes until fragrant.
 - Ready to be served.
- *TIP: Blanching the banana leaf in boiling water softens it, and makes it easier to fold.

