



Asian Rice

NIBBLEDISH CONTRIBUTOR

Ingredients

Serve 2

Main: Vegetables Seitan and Rice

- 150g of white rice
- 100g of seitan*
- 1/2 Zucchini (100g)
- 1/2 Red Onion
- Oil
- Apple vinegar
- Salt
- White pepper
- Parsley
- Onion grass

Species (*mince together*)

- Curry
 - Turmeric
 - Cumin
 - Coriandel
 - Paprika
 - Mustard seeds
 - Garlic powder
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- Fennel
 - Cinnamon
 - Ginger specie

Sauce (*sweet-and-sour*)

- 1 small tomato (50g)
 - 1/4 glass of water
 - 1 tea spoon of potato flour
 - 1 spoon of Sugar
 - Salt
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- Paprika
 - 1 tea spoon of apple vinegar

**ready-cooked*

Instructions

Boil the water in a large pot.

So, grill the small cubes of seitan with vinegar, oil, white pepper and salt, so when the seitan is well-grilled, grill the jullien sliced zucchini, then when the zucchini are cooked, grill the slices of onion.

Turn off the gas.

When the water boils, add rice without salt.

Whisk the tomato in a tiny glass, with some water, using a minipimer, put the sauce in a little pan and add the sugar, paprika, a tea spoon of vinegar, the potato flour, and a bit of salt, so cook over a low flame until is dense enough, not too dense.

Finally, turn on the gas of the grill, drain the rice, and put it on the grill mixing with vegetables, seitan and the species.

Dish with 2 spoons of the sauce.

Dress with parsley and onion grass.
