



Love the taste every time.

## Satay Tuna Fried Rice

Serves 5

Prep time: 10 min

Cook time: 10 min

Time to table: 20 min

### Ingredients

2 cans (85g)	Clover Leaf® Flaked Light Tuna Spicy Peanut Satay
4 cups	cooked brown rice (preferably overnight rice)
2	eggs
2	shallots (minced)
½ cup	red pepper (finely diced)
⅓ cup	green peas
¼ cup	green onion (diced)
½ tsp	salt
1 tbsp.	oil (preferably grapeseed oil)



### Preparation

Heat oil in a wok at medium high. Add shallot and sauté until brown. Beat 2 eggs and pour onto wok. Stir fry eggs until semi-cooked before stirring in cooked brown rice. Stir fry for 5 minutes or until egg fully coats the rice before adding red pepper and green peas. Add salt and stir fry for 2 minutes before adding green onion and Clover Leaf® Flaked Light Tuna Spicy Peanut Satay. Stir fry for few minutes until all ingredients are fully mixed.

### Nutrition Tidbit:

“Clover Leaf® Flaked Light Tuna Spicy Peanut Satay is not only high in protein, low in saturated fat, but also a source of omega-3. It is a great substitute for red meat in fried rice. There is no need for much seasoning as Spicy Peanut Satay adds nice flavor to the fried rice. Substituting traditional white rice with brown rice, that has vitamin B and fiber, results in higher nutritional value.”

– Registered Dietitian Sosan Hua

## 沙嗲吞拿魚炒飯

5 人份量

準備時間：10 分鐘

烹調時間：10 分鐘

共需時間：20 分鐘

### 材料

2 罐 (85 克)	Clover Leaf® 香辣花生沙嗲風味淡吞拿魚
4 杯	熟糙米飯 (隔夜飯效果更好)
2 隻	雞蛋
2 粒	紅蔥頭 (切碎)
半杯	紅甜椒 (切粒)
⅓ 杯	青豆
¼ 杯	蔥 (切碎)
半茶匙	鹽
1 湯匙	油 (建議選用葡萄籽油)

### 做法

將油倒進鑊中，以中火燒熱。把紅蔥頭炒香至金黃。將兩隻雞蛋打勻，加進鑊中，炒至半熟，加入熟糙米。炒 5 分鐘或至飯完全沾上雞蛋，加入紅甜椒及青豆，加鹽再炒兩分鐘。加入 Clover Leaf® 香辣花生沙嗲風味淡吞拿魚及蔥。再炒數分鐘至均勻，即可上碟。

### 營養小知識：

「Clover Leaf® 風味吞拿魚不但高蛋白質、低飽和脂肪，且蘊含奧米加 3。用來取代炒飯中的紅肉，更為健康有益。香辣花生沙嗲風味淡吞拿魚味道濃郁，連調味品也可以用少一點。再以含維生素 B 及高纖維的糙米代替傳統的白米飯，令營養價值更高。」

– 註冊營養師許楚珊