DietCloud – Recipe

Recipe Name: GINGER LEMON BROWN RICE

Diet Type:

Course: General Course

Cuisine: Indian

Quantity:



Description

A vibrant and aromatic side dish, Ginger Lemon Brown Rice features fluffy, fiber-rich brown rice infused with bright notes of fresh ginger and zesty lemon. Garnished with crisp scallions and a hint of sweet bell pepper, this flavorful rice offers a refreshing accompaniment to any meal. It's often served mounded, as seen in the photo, making it an appealing side dish.
[PROS]
- High in dietary fiber from brown rice, promoting digestive health and satiety.
- Rich in antioxidants and anti-inflammatory compounds from ginger and lemon.
- Provides sustained energy due to complex carbohydrates and is naturally gluten-free.
[CONS]
- Brown rice takes longer to cook than white rice, requiring more preparation time.
- The distinctive ginger and lemon flavor profile may not appeal to all palates.
- Can become dry if not cooked properly or stored for too long.
[DIETITIAN REVIEW]
This Ginger Lemon Brown Rice is an excellent choice for a nutritious side dish, offering a substantial boost of fiber, essential vitamins, and minerals. The fresh ginger and lemon add potent anti-inflammatory benefits and a delightful flavor without excessive calories or unhealthy fats. It's a well-balanced, vibrant, and health-promoting addition to any meal. Score: 9/10

Ingredients

Ingredient	Quantity
• Brown Rice	1/2 cup dry
• Water or Vegetable Broth	1 cup
• Fresh Ginger • grated	1 tablespoon
• Fresh Lemon Juice	1 tablespoon
• Olive Oil	1 teaspoon
• Scallions (Green Onions) • chopped	2 stalks

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• Yellow Bell Pepper • finely diced	1 tablespoon

• Sea Salt	1/4 teaspoon, or to taste

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• Black Pepper	Pinch, or to taste

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Preparation

• 1.
• Rinse the brown rice under cold water until the water runs clear.
• Drain well.
• 2.
• In a small saucepan, combine the rinsed brown rice, water (or vegetable broth), and 1/8 teaspoon of sea salt.
• Bring to a boil, then reduce heat to low, cover tightly, and simmer for 40-45 minutes, or until all liquid is absorbed and rice is tender.
• Do not lift the lid during cooking.
• 3.
• Once cooked, remove the saucepan from heat and let stand, covered, for 10 minutes.
• This allows the rice to steam further and become fluffier.
• Fluff the rice gently with a fork.
• 4.
• While the rice rests, heat the olive oil in a small pan over medium heat.
• Add the grated ginger and finely diced yellow bell pepper, sauté for 2 minutes until fragrant and the bell pepper is slightly softened.
• 5.
• Add half of the chopped scallions to the pan with the ginger and bell pepper, and cook for another minute until just tender.
• 6.
• Gently fold the sautéed ginger mixture, fresh lemon juice, the remaining 1/8 teaspoon of sea salt, and black pepper into the fluffed brown rice until well combined.
• 7.
• Serve immediately.
• For a presentation similar to the photo, lightly press the rice into a small bowl or ramekin, then invert it onto a plate.
• Garnish with the remaining fresh chopped scallions.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	8	85	10	3.5	1.5