

Curry Fried Rice with Red Lentil Fritters

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Comfort	Protein Foundations	VG	12	11.26 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	1 1/2 cup	0 lb 10.50 oz	0%	0 lb 10.50 oz	Beans, Lentils, dry	For Spiced Lentil Fritters - In a large container, place lentils and cover with several inches of water and mix well. Soak for 2 hours or overnight. When ready, drain and rinse.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	2 1/2 cup	0 lb 14.12 oz	0%	0 lb 14.13 oz	Beans, Garbanzo, canned, drained, rinsed	Place all ingredients into a food processor and pulse until mixture is broken down and combined but do not over process until smooth.
	1 1/4 cup	0 lb 5.56 oz	9%	0 lb 6.14 oz	Onions, Yellow, small dice	
	1 tbsp	0 lb 0.53 oz	12%	0 lb 0.60 oz	Garlic, cloves, peeled, minced	
	1 tbsp	0 lb 0.25 oz	0%	0 lb 0.25 oz	Ginger, fresh, minced	
	2 1/2 cup	0 lb 7.00 oz	0%	0 lb 7.00 oz	Crumbs, Panko Bread	
	1 1/4 tsp	0 lb 0.09 oz	0%	0 lb 0.09 oz	Curry Powder, mild	
	1 3/4 tsp	0 lb 0.17 oz	0%	0 lb 0.17 oz	Salt, Kosher	
	1 1/4 tsp	0 lb 0.10 oz	0%	0 lb 0.10 oz	Pepper, Black, table grind	
	2/3 cup	0 lb 5.28 oz	0%	0 lb 5.28 oz	Water	
	2 tbsp	0 lb 1.04 oz	59%	0 lb 2.51 oz	Lemons, juice	



Processing Red Lentil Mixture



Processed Batter

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3						Heat deep fryer to 350 degrees F. Shape lentil mixture into 1.5oz balls. Fry for about 4 minutes or until deep golden brown. Hold hot for service.

3



Shaped Frittlers Before Frying



Frittlers After Frying

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	1/4 cup	0 lb 1.92 oz	0%	0 lb 1.92 oz	Oil, Canola	For Curry Fried Rice - Heat oil over medium-high heat in a skillet or flat-top grill. Add onions and cook until soft and translucent, about 3-5 minutes. Add garlic, ginger, and curry powder and continue to cook until fragrant. Add vegetable mix and cook until heated through. Add cooked rice and allow rice to fry for a couple of minutes then mix and continue cooking for a few more minutes or until all rice is fried and all components are heated through. Season with salt. Remove from pan and hold hot for service.
	3 cup	0 lb 13.35 oz	9%	0 lb 14.74 oz	Onions, Yellow, small dice	
	3 tbsp	0 lb 1.59 oz	12%	0 lb 1.80 oz	Garlic, cloves, peeled, minced	
	3 tbsp	0 lb 0.75 oz	0%	0 lb 0.75 oz	Ginger, fresh, minced	
	3 tbsp	0 lb 0.63 oz	0%	0 lb 0.63 oz	Curry Powder, mild	
	6 cup	1 lb 13.64 oz	0%	1 lb 13.64 oz	Peas and Carrots mixture, frozen	
	9 cup	2 lb 8.95 oz	0%	2 lb 8.95 oz	Rice, Jasmine, cooked	
	2 tsp	0 lb 0.19 oz	0%	0 lb 0.19 oz	Salt, Kosher	



Sautéing Aromatics



Adding Vegetables



Frying Cooked Rice

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	3/4 cup	0 lb 1.50 oz	17%	0 lb 1.81 oz	Onions, Green, sliced thinly on bias	To plate - Place 1 cup curry fried rice into bowl. Add three (3) red lentil frittlers. Garnish with 1 Tablespoon green onion.

RECIPE IMAGES

Curry Fried Rice with Spiced Red Lentil Fritters

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	8 lb 7.17 oz	0 %	8 lb 7.17 oz	0 %	8 lb 7.17 oz
Size of portion	11.26 oz		11.26 oz		11.26 oz

ADDITIONAL INFO

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MEMO

For Dried Red Lentils - Use 1 gallon of water for every 1.5 cups of lentils

Portions:

1 cup Curry Fried Rice

3 x 1.5oz Spiced Red Fritter

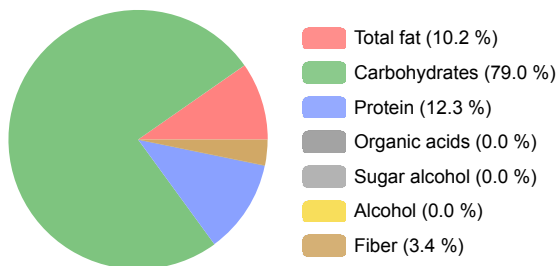
1 Tablespoon Sliced Green Onion

NUTRITION INFORMATION

per portion

Energy nutritives		RDI	% of energy	Calories	RDI	Minerals	RDI	Vitamins	RDI
Total fat	7.57 g	10 %	10.17 %	658.30 kcal	33 %	Salt	1.80 g		
Saturated	0.84 g	4 %	1.13 %	2,754.34 kJ		Salt	0.56 %	Vitamin A	205.05 µg 23 %
Monounsaturated	3.62 g		4.86 %			Sodium	718.52 mg 31 %	Vitamin D	0.00 µg 0 %
Polyunsaturated	2.44 g		3.27 %			Phosphorus	254.16 mg 20 %	Thiamine	0.65 mg 54 %
Trans fatty acids	0.02 g		0.02 %			Potassium	511.97 mg 11 %	Riboflavin	0.24 mg 18 %
Cholesterol	0.00 mg	0 %				Iron	5.41 mg 30 %	Niacin	4.46 mg 28 %
Linolenic acid	1.92 g		2.57 %			Calcium	112.71 mg 9 %	Vitamin B6	0.49 mg 29 %
Alpha-linolenic acid	419.40 mg		0.56 %			Zinc	3.06 mg 28 %	Vitamin B12	0.06 µg 2 %
Total Carbohydrate	127.99 g	47 %	79.00 %			Magnesium	71.21 mg 17 %	Folate	13.56 µg 3 %
Sugars total	5.04 g	10 %				Iodine	0.00 µg 0 %	Vitamin C	12.38 mg 14 %
Added sugar	0.00 g	0 %	0.00 %			Selenium	22.14 µg 40 %	Vitamin E	1.50 mg 10 %
Lactose	0.00 g					Copper	0.61 mg 68 %	Vitamin K	16.41 µg 14 %
Fiber	11.59 g	41 %	3.37 %					Others	
Organic acids	0.00 g		0.00 %					Water	160.00 g
Sugar alcohol	0.00 g		0.00 %						
Starch	22.24 g		13.73 %						
Protein	19.97 g	40 %	12.33 %						
Alcohol	0.00 g		0.00 %						

PERCENTAGE OF ENERGY



CO2



Comparable values

Snacks	0.96 kg
Main courses	1.34 kg
Desserts	0.61 kg

Comparable CO2 emissions for equal sized portions.

Though the reported CO2 emissions represent a major part of the actual emissions, they do not make up the whole amount. Rather than comparing the absolute values, we recommend comparing the portions in relation to each other. The CO2 emissions are based on the size of the portions and the average climate impact of the ingredients, but they do not take into account the general climate impact allocated for all the portions in restaurant services or the climate impact caused by the manufacturing. The average CO2 emission values have been calculated from the JAMIX sample database, which contains different types of recipes.