

Organic Jasmine Rice

Country of Origin: Cambodia

Certified Organic

Pro-Cert

Nutrition Facts Valeur nutritive

Per 1/3 cup (60 g) / par 1/3 tasse (60 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 210	
Fat / Lipides 1.5 g	2 %
Saturated / saturés 0.5 g + Trans / trans 0 g	2 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 45 g	15 %
Fibre / Fibres 2 g	10 %
Sugars / Sucres 0 g	
Protein / Protéines 5 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	4 %

Factoid:

Jasmine rice is originally from Thailand and is also known as Thai Hom Mali. It is known for the floral aroma it gives off when cooked. Its most notable nutrients are protein, carbohydrates, and iron.

Ingredients:

Organic jasmine rice

Allergen Information:

This product may contain wheat and gluten.



Recipe:

left coast
ORGANICS

Jerk-Curry Chicken with Jasmine Rice

Ingredients:

3 lbs of boneless, skinless chicken breast
3 medium size white potatoes
2 medium size sweet potatoes or yams
1 large sweet or yellow onion
2-3 green onions
4 medium size carrots
4-6 Tbl of mild jerk-curry seasoning, or
mild curry powder and
mild jerk powder mixed together

Sea salt, to taste
Garlic pepper, to taste
1 C fresh frozen sweet yellow corn
1 medium size lime
1 tsp of ground ginger
3 Tbl of extra virgin olive oil
1 Tbl of peanut butter
3 C jasmine rice
Cashews or peanuts for garnish

Instructions:

1. Cut chicken pieces into bite size strips put inside of plastic baggie and add jerk-curry powder.
2. Add seasoning evenly throughout bag and let marinate for 4-6 hours, or overnight.
3. Dice potatoes, yams, and carrots into hearty size pieces, set aside in cold water. Dice all onions.
4. Add 3 tablespoons of extra virgin olive oil into a 5-quart pot, and add chicken pieces.
5. Cook over medium heat. When half way done, add onions and green onions. Saute until golden brown. Add in 3-4 cups of water, yams, potatoes, carrots and corn. Additional jerk-curry powder may be added, to your own taste.
6. Season with sea salt, garlic pepper, ginger and lime juice. After 30 minutes, stir in peanut butter, mixing well. Allow to cook another 10-15 minutes, until all vegetables are done. Prepare white rice; serve jerk-curry over rice. Makes about 6-8 servings.

Cooking Note:

1. Rinse 1 cup of jasmine rice thoroughly in cold water. Drain in a colander or sieve.
2. Place 2 cups of water in a large saucepan. Add the jasmine rice and 1 teaspoon of salt. In a pot, over high heat, bring to a full boil.
3. Cover the pan. Reduce the heat to low, then simmer for 10-12 minutes, or until the water has been absorbed and the rice is tender.
4. Remove the saucepan from the burner and fluff the rice with a fork. Replace lid with a dry cover and let the rice set for 5-10 minutes before serving.

