



NATIONAL
KIDNEY
FOUNDATION
MALAYSIA

Lemon Rice

5 servings

INGREDIENTS

- 5 cups of rice, uncooked
- ½ cup lemon juice
- 1½ tsp turmeric powder
- 3 tbs corn oil
- 1 whole dried chili
- 6 curry leaves
- 2 tsp mustard seeds
- 2 tsp urad dal
- 1 cup of coriander leaves
- 1 tsp minced ginger

METHOD

- Cook the rice with 5 cups of water.
- Combine lemon juice and turmeric powder. Set aside.
- Heat up the oil. Add chili and curry leaves, mustard seeds and urad dal. Cook until mustard seeds pop and urad dal is golden brown.
- Reduce heat. Pour in lemon juice and stir well. Remove from fire.
- Pour in the mixture into cooked rice. Add ginger and mix well.

NUTRITION FACT

Energy (kcal)	375
Protein (g)	6.8
Carbohydrate (g)	63.7
Fat (g)	9.8
Saturated Fat (g)	-
Fibre (g)	1.4
Sodium (mg)	7
Phosphorus (mg)	113
Potassium (mg)	178



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