

Main
Meal



GEEKY BUG'S FISH 'N' RICE WITH ASIAN SLAW

When your child eats these yummy ingredients,
look what they turn into in Rumbledom!



Cabbage =
Cabbage Catapult



Green beans =
Geeky Bug's runners



Peppers =
Borby's house



Ingredients

Fish and rice

390g brown rice
440g (6) white fish
300g fine green
beans
2 tbsp soy sauce

Asian slaw

200g red/white
cabbage
2 peppers
2 celery sticks
1 tbsp white rice
vinegar
1 tbsp sesame oil
1 tbsp soy sauce
1 tbsp honey
2 garlic cloves
5g (2cm) ginger

Method

1. Pour rice into a deep pan and add 1 litre of water. Bring to the boil then simmer 10mins with the lid on.
2. Add fish, green beans and soy sauce and simmer for further 10mins with the lid on.
3. Remove lid and cook until all the liquid has evaporated.
4. Thinly slice the red/white cabbage, peppers and celery.
5. Mix the rice vinegar, oil, soy sauce, honey, garlic and ginger in a bowl. Add to the sliced vegetables.

Serves 6
40 mins to prepare
and cook
228
calories/serving

This has
4.8g of fibre
and will help feed
your Belly Bugs!

Reference intake:
Fibre 4.8g
Protein 20g
Carbohydrates 27g

Tip: add seeds e.g. sesame seeds to increase the fibre.