

# Portuguese Rice | Video

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/portuguese-fried-rice-portland-recipe>

## Ingredients:

- 1 tablespoon oil olive oil preferred
- 1 small onion chopped
- 1 bell pepper capsicum, chopped
- 2 garlic cloves crushed
- 1/2 teaspoon ground turmeric turmeric powder
- 1/4 teaspoon ground cumin cumin powder
- 2 teaspoons smoked paprika
- 1/2 teaspoon dried chili flakes or 4-5 birdseye chilies, chopped, optional
- 2 cups rice rinsed, long grain rice or basmati rice
- 1 chicken stock cube or veg stock cube, crushed
- 2 teaspoons lemon juice
- 3 cups water
- 1/2 cup green peas frozen or cooked
- salt
- coriander (cilantro) leaves or parsley leaves, chopped

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 33 grams
3. Fat: 4 grams
4. Fiber: 2 grams
5. Protein: 4 grams
6. Sodium: 430 milligrams
7. Sugar: 2 grams

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