



Sticky Mango Rice Pudding

Ingredients

- 200g sushi rice
- 400g coconut milk
- 5g roasted black sesame seeds
- 40g agave syrup
- 400g mango

Method | SERVES 4

- Rinse rice and soak in 400ml cold water for 30 minutes.
- Bring rice to the boil then simmer very gently for 18 minutes.
- Let rice sit, covered for 10 minutes.
- Heat the coconut milk to 90°C in a saucepan then add agave and a pinch of salt.
- Mix coconut sauce with rice and let soak for 10 minutes.
- Slice mango and arrange as shown finishing with sesame seeds.

Typical Nutritional Values

	per 100g	serving 289g
Energy	634kJ 151kcal	1833kJ 437kcal
Fat	6.9g	19.9g
of which Saturated	5.6g	16.2g
Carbohydrate	20.0g	57.8g
of which Sugars	6.9g	19.9g
Fibre	0.7g	2.0g
Protein	2.3g	6.6g
Salt	0.12g	0.35g

Suitable for: Vegan, Gluten free, Nut free, Dairy free

Allergens: Sesame Seeds

Impact | PER SERVING

Plant based dishes use fewer natural resources in their creation than those made with meat, fish or animal derivatives. Here's the comparative impact of this dish if it was made using milk.

CO₂ saving (g)	Land use saving (m²)	Water use saving (L)
120	12	1180