

Low-GI Brown Rice Stir-Fry with Herb Omelette Ribbons

A vibrant Asian-inspired stir-fry featuring nutty brown basmati rice, crisp vegetables, and delicate coriander omelette strips for steady blood sugar control.

Prep: 15 min

Cook: 30 min

Total: 45 min

Servings: 4

GL 12.4 / GI 41

Ingredients

Low GI (50-55) - excellent choice for blood sugar control brown basmati rice

Heart-healthy monounsaturated fat rapeseed oil

Anti-inflammatory, supports insulin sensitivity fresh ginger, grated

May help regulate blood glucose garlic cloves, finely chopped

Low GI vegetable, adds fiber spring onions, finely sliced lengthways

Low GI, high in fiber and B vitamins shiitake mushrooms, sliced

Medium GI when cooked, rich in beta-carotene carrots, finely sliced into sticks

Low GI, high in vitamin C red bell pepper, finely sliced

Protein slows glucose absorption large eggs, beaten

Adds moisture to omelette skimmed milk

Fresh herb, negligible glycemic impact fresh coriander, chopped, plus extra for garnish

Use reduced-sodium version low-sodium soy sauce

Healthy fat for flavor toasted sesame oil

Contains sugar - use sparingly or substitute with fresh chili chilli jam

Adds protein, healthy fats, and minerals sesame seeds, toasted

Instructions

Step 1

Rinse the brown basmati rice thoroughly under cold water until the water runs clear. Cook according to package directions (typically 25-30 minutes in boiling water), then drain well and set aside. Rinsing removes excess starch and helps achieve a lower glycemic response.

Step 2

While the rice cooks, prepare all vegetables: grate the ginger, finely chop the garlic, slice the spring onions lengthways into thin strips, slice the shiitake mushrooms, cut the carrots into thin matchsticks, and slice the red pepper into thin strips. Having everything ready ensures quick, even cooking.

Step 3

Heat 2 teaspoons of rapeseed oil in a large wok or frying pan over high heat until shimmering. Add the grated ginger and chopped garlic, stirring constantly for 1 minute until fragrant but not browned. The aromatics will infuse the oil with flavor.

Step 4

Add all the prepared vegetables—spring onions, shiitake mushrooms, carrot sticks, and red pepper strips—to the hot wok. Stir-fry over high heat for 3-4 minutes, tossing frequently, until the vegetables are tender-crisp and lightly charred at the edges. Keep them moving to prevent burning while maintaining their crunch.

Step 5

While the vegetables cook, whisk together the eggs, chopped coriander, and a pinch of black pepper in a bowl. Heat the remaining 1 teaspoon of rapeseed oil in a small non-stick frying pan over medium-low heat. Pour in the egg mixture, stir once gently, then let it cook undisturbed for 2-3 minutes until almost set with just a slight wobble on top.

Step 6

Carefully flip the omelette using a large plate or spatula, and cook the other side for 1-2 minutes until fully set and lightly golden. Transfer to a cutting board and slice into thin ribbons or strips. Set aside for garnishing.

Step 7

Add the cooked brown rice to the wok with the vegetables. Drizzle in the soy sauce, toasted sesame oil, and sugar-free chilli jam. Toss everything together over medium-high heat for 2-3 minutes until the rice is heated through and well coated with the seasonings. Taste and adjust seasoning if needed.

Step 8

Divide the stir-fried rice and vegetables among four bowls. Top each serving with the omelette ribbons, a sprinkle of toasted sesame seeds, and fresh coriander leaves. For optimal blood sugar control, encourage diners to eat the protein-rich omelette and fiber-rich vegetables first, followed by the rice.