



# Mango Coconut Sticky Rice



## Ingredients



Adapted from *sweeterthanoats.com*

- 1 cup rice (recommended sushi rice, see cooking tips)
- 1 can Coconut milk
- 4 tablespoons brown sugar
- 1 mango peeled and sliced
- Pinch sea salt



## Directions



Yield: 4 Serving size: 1/4 cup rice

1. Rinse your rice and leave it to soak overnight in coconut milk. Reuse the coconut milk when you cook the rice
2. Place the soaked rice in pan with 1 1/2 cups water, 1/2 of the coconut milk, 1 tablespoon sugar and a pinch of salt. Simmer for 20 minutes or until rice is tender and milk is absorbed
3. Place the rest of the coconut milk and the 3 tbsp sugar into a saucepan. Bring to a simmer and whisk until sugar has dissolved
4. Plate rice, then drizzle with coconut sauce and serve with sliced mango

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



# Mango Coconut Sticky Rice



## Ingredients



Adapted from *sweeterthanoats.com*

- 1 cup rice (recommended sushi rice, see cooking tips)
- 1 can Coconut milk
- 4 tablespoons brown sugar
- 1 mango peeled and sliced
- Pinch sea salt



## Directions



Yield: 4 Serving size: 1/4 cup rice

1. Rinse your rice and leave it to soak overnight in coconut milk. Reuse the coconut milk when you cook the rice
2. Place the soaked rice in pan with 1 1/2 cups water, 1/2 of the coconut milk, 1 tablespoon sugar and a pinch of salt. Simmer for 20 minutes or until rice is tender and milk is absorbed
3. Place the rest of the coconut milk and the 3 tbsp sugar into a saucepan. Bring to a simmer and whisk until sugar has dissolved
4. Plate rice, then drizzle with coconut sauce and serve with sliced mango

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



# Fast Facts



## Featured Food Groups



## Cooking Tips



- Sushi (sticky Thai) rice or short grain rice is recommended. It is advised to avoid Basmati, Easy Cook, and Brown Rice but try whatever rice you have available and adjust cooking time accordingly
- Add other fruits such as strawberries or raspberries!
- Use a teacup lined with plastic wrap to mold the rice for plating

Nutrition Facts	
Serving Size 1/4 cup	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 436</b>	
	% Daily Value*
<b>Total Fat</b> 21g	<b>32%</b>
Saturated Fat 18g	<b>90%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 60g	<b>20%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 19g	
<b>Protein</b> 6g	<b>12%</b>
Vitamin A 11%	Vitamin C 24%
Calcium 4%	Iron 22%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories    2,000    2,500
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2400mg    2400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g

Second Harvest is an equal opportunity provider.



# Fast Facts



## Featured Food Groups



## Cooking Tips



- Sushi (sticky Thai) rice or short grain rice is recommended. It is advised to avoid Basmati, Easy Cook, and Brown Rice but try whatever rice you have available and adjust cooking time accordingly
- Add other fruits such as strawberries or raspberries!
- Use a teacup lined with plastic wrap to mold the rice for plating

Nutrition Facts	
Serving Size 1/4 cup	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 436</b>	
	% Daily Value*
<b>Total Fat</b> 21g	<b>32%</b>
Saturated Fat 18g	<b>90%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 60g	<b>20%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 19g	
<b>Protein</b> 6g	<b>12%</b>
Vitamin A 11%	Vitamin C 24%
Calcium 4%	Iron 22%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories    2,000    2,500
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2400mg    2400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g

Second Harvest is an equal opportunity provider.