#FOOD & RECIPES

FROM FRIDGE TO FABULOUS

Ways to Transform Leftover Rice



Did you know that when cooked white rice is cooled for 24 hours and then reheated, it has a lower glycaemic response than freshly cooked white rice? This simply means that what we call "leftovers" can actually be beneficial for both healthy adults and people with type 1 diabetes because it can produce a smaller glucose spike.

So, it is time to grab that sad, snubbed bowl from yesterday's dinner and give those white grains a fancy makeover.

GOLDEN SHRIMP POPS

Ingredients

2 cups cooked leftover rice
½ cup shrimp, peeled, deveined, and finely chopped
1 small onion, finely chopped
½ tsp chilli flakes
3 tbsp grated cheese (optional)
2 tbsp cornflour
½ cup breadcrumbs
1 egg, beaten
Salt to taste

Method

Heat a tablespoon of oil in a pan. Add the chopped onion and sauté for a while. Add the chopped shrimp, black pepper, chilli flakes, and salt. Cook until the shrimp turn pinkish and avoid overcooking them, as they quickly turn rubbery.

In a mixing bowl, lightly mash the leftover rice until slightly sticky. Add the cooked shrimp mixture, grated cheese, and cornflour. Mix everything thoroughly until well combined and firm enough to hold its shape.

Take small portions of the mixture and shape them into croquettes. Dip each one into beaten egg, then coat evenly with breadcrumbs. For an extra-crispy crust, repeat the egg and breadcrumb coating once more. Shallow-fry the croquettes in batches until golden brown and crispy on all sides, or air-fry them as a healthier alternative.

SEOUL STREET BIBIMBAP

Ingredients

2 cups cooked leftover rice
1 carrot, julienned
½ cucumber, julienned
1 cup spinach
½ cup mushrooms, sliced
2 eggs
2 tbsp sesame oil
2 tsp sesame seeds
Salt and black pepper to taste
150 g minced beef or thinly sliced chicken



For the bibimbap sauce —
1½ tbsp gochujang (Korean chilli paste)
1 tbsp soy sauce
1 tsp honey or sugar
1 tsp vinegar

Method

Begin by preparing the protein. Mix the minced beef or chicken with soy sauce, garlic, sugar, and sesame oil. Heat a little oil in a pan and cook the meat over medium heat until fully cooked and lightly browned. Set aside.

Prepare the vegetables separately to preserve their individual flavours and colours. Heat a little sesame oil in a pan and sauté the carrots, mushrooms, and spinach individually with a pinch of salt. It is best to keep the cucumber raw for a refreshing crunch. In a small bowl, combine the gochujang, soy sauce, honey, sesame oil, vinegar, and water. Stir until smooth to make the bibimbap sauce.

Arrange the cooked vegetables, cucumber, and prepared meat in separate sections over the reheated rice. Fry the eggs sunny-side up and place one on top of each bowl. Drizzle with the prepared bibimbap sauce and finish with sesame seeds and a little sesame oil.

TUNA CRUNCH PANCAKES

Ingredients

1½ cups cooked leftover rice
1 can tuna, drained
2 eggs



¼ cup
cornflour
1 tbsp mayonnaise
½ tsp garlic powder
½ tsp chilli flakes
½ tsp paprika (optional)
Salt to taste

Method

In a large mixing bowl, lightly mash the leftover rice with a fork to break up any large clumps. Add the drained tuna, eggs, and cornflour. Season with garlic powder, chilli flakes, paprika, and salt. Mix thoroughly with a little water until the ingredients come together into a thick, scoopable batter.

Heat a little oil in a pan over medium heat. Pour in the pancake mixture, leaving enough space between the pancakes. Cook for 3–4 minutes on each side until golden brown and crispy. Avoid flipping them too early, as they need time to develop a firm crust.

Serve warm with a spicy mayonnaise dip made by mixing mayonnaise, a little chilli sauce, and lemon juice.

MEDITERRANEAN RICE MEDLEY

Ingredients

2 cups cooked, chilled leftover rice
½ cup cucumber, diced
½ cup tomatoes, diced
½ cup sweet corn, boiled
½ bell pepper, diced
¼ red onion, finely chopped
2 tbsp chopped spring onions
½ cup boiled, shredded chicken
½ cup cooked chickpeas (optional)
¼ cup Dhaka paneer (optional)
For the dressing —
2 tbsp olive oil
1 tbsp lemon juice
1 tsp honey
1 tsp mustard
½ tsp black pepper
½ tsp chilli flakes
2 tbsp mayonnaise (optional)
Salt to taste

Method

Place the chilled rice in a large mixing bowl and gently fluff it with a fork to separate the grains. Add the diced cucumber, tomatoes, sweet corn, bell pepper, red onion, and spring onions. Add cooked chickpeas, Dhaka paneer, and shredded chicken for extra protein.

In a small bowl, whisk together olive oil, lemon juice, honey, mustard, black pepper, chilli flakes, and salt until well combined. Pour the dressing over the rice and vegetables. Toss gently until everything is evenly coated, taking care not to mash the rice.

Refrigerate the salad for 10–15 minutes to allow the flavours to develop. Give it a final toss before serving and garnish with a squeeze of lemon juice.

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Photo: Collected