

HEALTHY CHICKEN FRIED RICE RECIPE



Ingredients

- ▲ 1 tsp canola oil
- ▲ 1/2 brown onion, thinly sliced
- ▲ 200 g skinless chicken breast, chopped
- ▲ 3 cups frozen mixed vegetables
- ▲ 250 g cooked brown rice
- ▲ 1 tbs reduced-salt soy sauce
- ▲ 1 tbs sweet chilli sauce
- ▲ 3 tbs unsalted roasted cashews

Method

1. Heat oil in a large wok or frypan and add onion. Cook, stirring for 2 mins, until onions are starting to soften.
2. Add the chicken and cook for 3 mins, until outside is golden brown.
3. Add frozen mixed vegetables and continue to cook on a high heat, stirring often, until the vegies are defrosted and the chicken is cooked through.
4. Add the rice, sweet chilli sauce and soy sauce and cook, stirring, till rice is hot.
5. Serve, and sprinkle with roasted cashews.

Variations

- Use any combinations of fresh and frozen vegetable - use up whatever you have!
- Try frozen prawns or a quick omelette instead of chicken.
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Serving Suggestion: Serve with fresh chilli and a squeeze of lime.

Nutrition Information

	per serving	per 100g
Energy	2168 kJ	467 kJ
Protein	41 g	9 g
Fat, total	13 g	3 g
— saturated	2 g	0.5 g
Carbohydrate	53 g	11 g
— sugars	10 g	2 g
Sodium	600 mg	129 mg
Fibre	11 g	2 g