



CHICKEN FRIED RICE



Serves: 4 Ready in: 20 mins Cost per serve: \$2.25

Ingredients

2 tbsp canola or vegetable oil
3 tbsp light soy sauce
200g raw chicken breast, diced
4 cups cooked rice, best if refrigerated for at least a day
1 white onion, diced
1 garlic clove, minced
1 cup frozen peas, corn and carrot mix, thawed
2 large eggs, lightly beaten
½ tsp ground black pepper
½ cup spring onions, chopped (optional)
2 tbsp sesame oil (optional)



Directions

1. In a large skillet, pan or wok over medium heat, scramble eggs in 1 tsp vegetable oil. Remove from skillet and set aside.
2. Add remaining oil to skillet. Stir-fry chicken on medium high heat for 5 minutes. Add rice and stir fry for another 5 minutes.
3. Add vegetables, onions and garlic and stir-fry for a further 5 minutes. Add scrambled eggs, soy sauce and pepper to rice, stirring thoroughly to mix.
4. Mix in spring onions and sesame oil if desired.

✓ Tips

Swap out chicken for tofu or more eggs for a vegetarian option.

Meal prep in bulk - refrigerate in an air-tight container for up to 7 days.

Add vegetables such as broccoli or green beans to bulk up the meal.

