

CHICKEN RICE (serves 1)

INGREDIENTS:

- 125G CHICKEN TENDERLOIN / BREAST
- 1 EGG (*WHISKED*)
- 50G FROZEN CORN, PEAS & CARROT MIX
- ¼ BROWN ONION
- 15G AYAM LIGHT SOY SAUCE
- 100G COOKED RICE (*BROWN OR WHITE*)
- SPRING ONION (*SLICED*)



METHOD:

1. Place chicken in fry pan & cook until golden brown.
2. Remove chicken from pan & set aside.
3. Add onion & frozen corn, peas & carrot mix to the pan & cook until onion softens.
4. Add cooked rice to vegetable mix along with the soy sauce. Stir well.
5. Create a small well in the middle of the rice & pour in whisked egg. Stir well to combine with vegetable mix.
6. Place rice & vegetable mix into a serving bowl & top with chicken & spring onions.

TIPS:

- *This is a great way to use up leftover rice or vegetables that you have in the fridge.*
- *Substitute the scrambled egg in the mix to a fried or boiled egg on top.*