

Brown Fried Rice

Serves: 6

Prep time: 15 minutes

Cook time: 30 minutes



1½ serves per portion

Ingredients

2 teaspoons vegetable oil
500g chicken thighs, fat trimmed
2 teaspoons fresh ginger, grated
4 cloves garlic, crushed
1 onion, diced
4 spring onions, chopped
1 red capsicum, chopped
1 zucchini, chopped
¼ red cabbage, chopped
1 cup frozen peas, corn and carrots
3 cups cooked brown rice
1 tablespoon soy sauce, salt reduced
1 tablespoon kecap manis

Method

HEAT oil in a frypan over high heat.

ADD chicken thighs and heat until cooked through. Remove chicken from pan, chop into bite sized pieces and set aside.

ADD ginger, garlic, onion and spring onions to frypan. Sauté for 1 minute or until fragrant.

ADD capsicum, zucchini, cabbage and frozen vegetables to pan. Stir fry for 2-3 minutes or until cabbage wilts.

RETURN cooked chicken to pan and cook for a further 2 minutes.

ADD the rice and sauces and cook for 2-3 minutes until rice is heated through.



Everyday Food

Recipe courtesy of Belinda Thorburn, Gracemere Branch