

## Dragon Fruit Fried Rice

**Serves:** 4

**Prep time:** 20 minutes

**Cook time:** 15 minutes



2 serves per portion

### Ingredients

1 tablespoon peanut oil  
3 cloves garlic, minced  
3cm piece fresh ginger, minced  
300g chicken breast, sliced into small pieces  
1 small brown onion, finely diced  
½ cup corn kernels  
1 carrot, finely diced  
1 cup green beans, finely chopped  
½ red capsicum, finely diced  
½ small head broccoli, cut into small florets  
¼ cup fresh coriander, roughly chopped  
¼ cup sweet chilli sauce  
Black pepper, to taste  
2 cups cooked white rice  
⅓ cup pink dragon fruit, diced (fresh or frozen)  
¼ cup roasted cashews

### Method

HEAT half the oil in large fry pan or wok over high heat.

ADD garlic and ginger. Stir fry for a minute or so until fragrant.

ADD chicken and stir fry until lightly browned. Remove chicken from pan and set aside.

HEAT remaining oil in pan. Add onion, corn, carrot, beans, capsicum and broccoli and stir fry over high heat until tender, around 3-4 minutes.

RETURN chicken with ginger and garlic back to pan. Add sweet chilli, coriander and pepper and continue to stir fry until chicken and vegetables are cooked through. Remove chicken and vegetables from pan and set aside.

ADD rice to pan and stir fry for a couple of minutes until heated through and lightly toasted. Add dragon fruit to and toss until the rice is well coated in colour.

RETURN the chicken and vegetables to the pan with the rice and toss to combine.

TOP with cashews and serve immediately.



Everyday Food

*Recipe courtesy of the Country Kitchens 2023 Product of the Year Recipe Collection - Dragon Fruit*