

Chicken Fried Rice

Serves: 6

Prep time: 15 minutes

Cook time: 20 minutes



1 ½ serves per portion

Ingredients

1 tablespoon olive oil
500g chicken thighs, fat trimmed, diced
2 teaspoons fresh ginger, grated
2 cloves garlic, crushed
6 spring onions, chopped
1 red capsicum, chopped
¼ cabbage, shredded
1 ½ cups frozen peas, corn and carrots
3 cups cooked brown rice (preferably a day old)
1 tablespoon soy sauce
1 egg

Method

HEAT oil in a frypan over high heat.
ADD chicken and heat until cooked through. Remove chicken and set aside.
ADD ginger, garlic and spring onions to frypan. Sauté for 1 minute or until fragrant.
ADD capsicum, 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 rice, soy sauce and egg and cook, stirring, for 2-3 minutes until rice is heated and egg is cooked through.



Everyday Food

Recipe courtesy of the Country Kitchens team