

OUR RECIPE

TASTY
RECIPE

Chicken and Vegetable Rice

6 portions

INGREDIENTS

Vegetable oil, 6ml
Strips of chicken, 300g
Crushed garlic clove, 1
Chopped onion, 30g
Light soy sauce, 18ml
Garden peas, 42g
Sweetcorn, 30g
Vegetable stock powder, 6g
Water, see recipe
Brown and white rice, 270g



Why not serve it with Chinese style curry sauce and with a portion of stir-fried veggies.

METHOD

On the hob

1. Cook the rice as per pack instructions.
2. While the rice is cooking, heat the oil in a large pan.
3. Add the chicken and fry until cooked through.
4. Add the crushed garlic, chopped onion and light soy sauce.
5. Cook for a few minutes until the onions are soft.
6. Add the peas, sweetcorn, stock powder and 100ml of water.
7. Cook for a further 10 mins or until the vegetables are soft and the water has evaporated.
8. Add the cooked rice, mix together in the pan and then serve straight away.

In the oven

1. Heat oil in a large pan, add the crushed garlic and chopped onions. Cook for a few minutes until soft.
2. Add the rice, peas, sweetcorn, soy sauce and combine
3. Add chicken strips, vegetable stock and 500ml of water.
4. Braise in the oven for 1 hour. Stirring halfway through.