

Chicken and Vegetable Fried Rice

Ingredients

- 2 eggs, beaten
- ½ tbsp sesame oil
- 200g chicken, chopped in chunks
- 2 cloves garlic, finely chopped
- 2 spring onions, sliced
- 1 ½ cups cooked long-grain rice
- ¼ cup sweet chilli sauce
- ½ tbsp soy sauce
- 2 carrots, chopped in 1cm cubes
- ½ head broccoli, chopped in chunks
- 50g frozen sweet corn
- Optional: chopped coriander and lime wedges



Serves: 2 people

Directions

- 1) Heat a dash of oil in a wok or fry pan. Add beaten eggs and cook for 1 minute, stirring until they are softly scrambled. Remove from the pan and set aside.
- 2) Add the sesame oil to the pan. When heated, add chicken and stir fry for 5 minutes, until chicken is coloured. Add garlic and spring onions. Continue stir-fry until chicken is cooked through and onions are soft.
- 3) Add cooked rice, sweet chilli sauce and soy sauce and continue mixing until rice is hot. Remove from the pan and set aside.
- 4) Use the hot pan, and stir-fry the chopped carrots, broccoli and sweet corn until cooked, add another tbs of oil or needed or a few tbs of water to steam the vegetables. Cook until slightly soft.
- 5) Add all of the ingredients back into the pan, toss together and serve immediately. Serve with chopped coriander and lime wedges if desired.

This recipe is courtesy of Food in a Minute.

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