



## ASIAN CHICKEN FRIED RICE AND VEGGIES



### Ingredients:

Spray olive oil  
1 egg, lightly beaten  
1 onion, finely chopped  
400 g chicken breast, roughly chopped  
1 green capsicum, chopped  
200 g button mushrooms, sliced  
1 ½ cups cabbage, finely shredded  
1 large carrot, grated or thinly sliced  
1 cup snow pea sprouts  
2 cups of brown rice, cooked  
1 tablespoon chopped fresh parsley  
1 tablespoon soy sauce, reduced salt

### Nutrition Information

Serves 4 people

Nutrient	Per serve
Energy	1376 kJ
Protein	31.2 g
Fat	5.2 g
Carbohydrate	34.2 g
Iron	2.5 mg
Sodium	275 mg
Fibre	7.6 g

### Method:

1. Spray a nonstick wok or frying pan with oil and heat. Add the egg and swirl to create a thin omelette. When the egg has set and cooked, turn out, cool and cut into short, thin strips.
3. Cook rice according to packet directions. Once rice is cooked, drain and cover until needed.
4. Wash the wok or frying pan and spray with oil and heat again. Add the onion and cook over moderately high heat for 2 minutes stirring often. Add the chicken in and cook for a further 4-5 minutes until chicken starts to brown. Add all vegetables and stir-fry for 5 minutes or until the vegetables are just softened. Add the rice and stir until combined and heated through. Finally, mix through the parsley and egg, and season with soy sauce to taste.



### HOT TIPS

This recipe is a great way to use up any vegetables that have not yet been used for the week. It is a recipe that will hold as many vegetables as you like, so throw everything that you've got into it. If you are looking to make this meal vegan, swap the egg for tofu.