

Nutritional information

Nutrient	Per Serve	Per 100g
Energy	1359.70kj	415.60kj
Protein	16.83g	5.14g
Total Fat	9.12g	2.79g
Saturated Fat	1.20g	0.37g
Carbohydrate	43.54g	13.31g
Sugars	5.37g	1.64g
Fibre	>6.48g	>1.98g
Sodium	579.49mg	177.12mg

Nutritional analyses are estimated calculations based on "Food Works"™ computer software

Revised May 2015



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 healthy home-cooking made *easy!*

PLU482

Chicken Fried Rice

This meal pack includes:

Dry Ingredients:

- 1 cup (200g) Long Grain Rice
- 425g can corn kernels
- 1 ½ Tbs Soy Sauce
- 2 tsp low salt chicken stock powder

Frozen Ingredients:

- 1 pack chicken meat (250g)
- 1 pack frozen peas

Fresh Ingredients:

- 2 eggs
- 1 brown onion
- 1 stalk celery
- 2 cloves garlic
- 1 large carrot
- 1 large red capsicum

Preparation time: 30 minutes Cooking time: 15 minutes **Serves 4-6**



Developed by Community Foodies in conjunction with
 Community Food SA

Chicken Fried Rice

Time required

Preparation time: 30 minutes

Cooking time: 15 minutes

Ingredients

- 2 eggs
- 1 brown onion
- 2 cloves garlic
- 1 stalk celery
- 1 large carrot
- 1 large red capsicum
- 1 ½ cups frozen peas
- 425g can corn kernels
- 1 cup (200g) Long Grain Rice
- 2 Tbs olive oil (not provided)
- 2 tsp low salt chicken stock powder
- 1 ½ Tbs Soy Sauce
- 250g chicken meat

Tips and ideas

- This recipe is suitable to freeze.
- Add additional vegetables if desired. We suggest zucchini, mushrooms, sweet potato, red onion or green beans (fresh or frozen)

Cooking instructions

Cooking the Rice:

1. Rinse uncooked rice in a sieve under cold water until the water runs clear.
2. Pour ¼ cup of boiling water into a mug or cup. Add stock powder and stir to dissolve.
3. Place rice and stock liquid in a saucepan with extra 1 ½ cups water. Bring to the boil.
4. Cover saucepan with a lid, reduce heat to low and cook for 8 to 10 minutes, stirring occasionally.
5. Remove from heat and let stand for 5 to 10 minutes.
6. Fluff rice with a fork and spread out on a tray to dry for at least an hour.

Cooking the Meal:

1. Open can of corn kernels then drain and rinse.
2. Finely dice the onion, carrot, celery and capsicum.
3. Peel and crush the garlic cloves.
4. Lightly beat the eggs with a fork.
5. Finely dice the chicken, cover with boiling water and leave for 1 minute, then drain and set aside.
6. Preheat a wok or frying pan to medium heat.
7. Heat the oil, then add carrots and stir fry 1 minute.
8. Add the onion, garlic, celery and capsicum and stir fry further 3 – 4 minutes.
9. Add the chicken and stir fry until the chicken is cooked.
10. Add the egg mixture, stirring until cooked and then add the peas, corn, rice and soy sauce.
11. Continue stir frying about 5 more minutes until the rice is heated through. Serve hot.