

# Chicken Fried Rice

Recipe provided by Kylie Currell from Niagara Park Children's Centre

Serves 20

\$1.34\* per serve



## Ingredients

2 cups uncooked brown rice  
Canola, safflower or sunflower oil  
1.25kg chicken breast, diced  
200g lean ham, diced  
2 cups frozen peas and corn  
1 large carrot, grated  
3 cups broccoli, chopped  
½ bunch shallots, thinly sliced  
2 tablespoons reduced salt soy sauce  
2 tablespoons kecap manis

## Directions

1. Cook the rice.
2. Brown the chicken in a fry pan or wok with a small amount of oil.
3. Add vegetables and cook until tender.
4. Toss through the ham, rice, sauces and shallots and cook until the rice is heated all the way through.

### Helpful hints

The rice can be served separately to the stir-fried meat and vegetables if your fry pan is not large enough to stir fry all the ingredients together.

Diced egg omelette could also be added to the dish if you wish to reduce the amount of chicken. 1 egg is equivalent to 75g raw chicken.

## Nutrition notes

Food groups per child serve: 1 serve of **vegetables**, 0 serves of **fruit**, 1 serve of **bread & cereals**, ¾ serve of **meat & alternatives**, 0 serves of **dairy**.

Type of protein = white meat

Number of extra iron containing foods needed over the day = 2

\*Pricing is based on using brand name products and is correct at time of printing. Using home brand products and items on special will help to reduce the cost