



THAI CHICKEN FRIED RICE

Ingredients (SERVES 4)

- 3 tbsp vegetable oil
 - 3 gloves garlic, diced
 - 1 small onion, diced
 - 300 grams chicken breast, thinly sliced
 - Spring onion, 4 stalks, chopped
 - 3 eggs, lightly stirred
 - 6 cups cooked jasmine rice, cold
 - 1 medium tomato, cut into wedges
 - 1 bunch Chinese broccoli
 - 2 tbsp thin soy sauce
 - 1 ½ tbsp thick soy sauce
 - 1 medium cucumber, sliced
 - 1 medium tomato, sliced
- Prik nam pla sauce (optional)**
- 3 tbsp seasoning sauce (or oyster sauce)
 - 3 tbsp fish sauce
 - 2 tbsp sugar syrup
 - 1 tsp fresh lime juice
 - 2 small chillies, chopped (to taste)
 - 1 small garlic clove, sliced thin
 - 1 fresh chopped shallot (red end)

Instructions

1. Heat oil in wok to very high heat. Add diced garlic and sliced chicken. Toss until chicken is cooked through. Remove chicken and place in bowl.
2. Return wok to heat. Add more oil if require. Add eggs, stir and mix so both yolk and white are still present.
3. Add cooked rice. Press rice into wok with back of ladle. Add thin soy sauce, thick soy sauce, pinch of salt and stir fry for 2 minutes. Add green vegetables, sliced onion and tomato wedges. Mix through.
4. Mix chicken back through. Add a pinch of pepper. Serve with fresh sliced cucumber, tomato, spring onion and chilli sauce (optional).



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