



Chicken Fried Rice

- 1 x family size packet SunRice
Fragrant Brown Rice
in 2½ minutes
- 1 tbsp ginger grated
- 2 cloves garlic, chopped
- 1 onion, chopped
- 1 tsp vegetable oil
- 1 red capsicum, sliced
- 1 cup sweet corn kernels
- ½ cup green peas
- 1 cup sliced cooked chicken
- 2 tbsp tamari soy Sauce
(wheat free)
- 1 cup of fresh bean sprouts
- 4 spring onions, sliced
- 1 bunch coriander, chopped

Place the rice into the microwave and heat for 2½ minutes as per packet instructions

Heat a good non-stick pan or wok and quickly stir fry and ginger, onion and garlic with the oil

Add the capsicum, sweet corn, peas, spring onion, chicken and soy

Cook for a minute or two until warmed through then add the rice and mix through

Fold in the bean sprouts and coriander last just before serving

Serve in bowls and serve with sweet chilli sauce

OPTIONS

Serve in lettuce cups

Serves 4
Prepared and cooked
in 10 minutes



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Fragrant Brown Rice

SunRice Fragrant Brown Rice in 2½ minutes made with wholegrain brown rice, is a source of vitamin (Niacin B3) and minerals for vitality, and a good source of dietary fibre.

