



One Pot Chicken & Veg Stir Fried Rice

Ingredients

- g Oil, Olive, Salad Or Cooking
- g Onions, Raw
- g Chicken breast tenders, breaded, uncooked
- g Carrots, Raw
- g Green Beans, Cooked And Sliced
- g Cabbage, raw
- g Sweetcorn, Cooked
- Egg, Whole, Raw, Fresh
- g Rice, white, glutinous, unenriched, cooked
- g Bean Sprouts
- g MAGGI Lazenby Worcester Sauce
- g Sauce, fish, ready-to-serve
- mL Lime Juice, Raw
- mL Coriander (Cilantro) Leaves, Raw
- tbsp Basil, Fresh
- mg MAGGI Sweet Chilli Sauce

Instruction

1. Heat the oil in a wok or wide frying pan over a medium-high heat. Fry the onion for 4-5 minutes. Add the chicken and cook for 2-3 minutes.
2. Add the carrots, green beans/ sugar snap peas, cabbage and sweetcorn. Stir-fry for 4 - 5 minutes.
3. Pour the mixed egg over the vegetables and cook, without stirring for 1 minute.
4. Top with the cooked rice and bean sprouts and stir through.
5. Mix the remaining sauce ingredients together and add to the stir fry, cook for 1 -2 minutes, or until heated through.
6. Serve topped the herbs, if desired.

Nutrition

Carbohydrates	89.6 g
Energy	638.91 kcal
Fats	22.38 g
Protein	20.5 g

30 Minutes

4 Servings