



## One Pot Chicken & Veg Stir Fried Rice

### Ingredients

- 30 g Oil, Olive, Salad Or Cooking
- 150 g Onions, Raw
- 300 g Chicken breast tenders, breaded, uncooked
- 100 g Carrots, Raw
- 100 g Green Beans, Cooked And Sliced
- 150 g Cabbage, raw
- 65 g Sweetcorn, Cooked
- 2 Egg, Whole, Raw, Fresh
- 500 g Rice, white, glutinous, unenriched, cooked
- 50 g Bean Sprouts
- 30 g MAGGI Lazenby Worcester Sauce
- 30 g Sauce, fish, ready-to-serve
- 15 mL Lime Juice, Raw
- 30 mL Coriander (Cilantro) Leaves, Raw
- 2 tbsp Basil, Fresh
- 30 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