

Method

1. Boil the rice with water in a saucepan until just tender. Drain and leave to cool
2. Fry onion in 1 tbsp of oil over a low heat until soft, add chicken/lean meat and carrot. Fry gently for 1 minute
3. Add peas, corn and capsicum, fry rice for 2-3 minutes
4. Fold cooked rice into the vegetable and chicken/lean meat mixture, stirring occasionally for about 2 minutes, so rice is heated through
5. Top with eggs
6. Serve with a little soy sauce mixed through if desired

Ingredients

Serves 12

- 2 cups of basmati rice
- 2 onions, finely chopped
- 2 tbsp olive oil
- 600g lean chicken/lean meat – finely sliced
- 3 carrots diced
- 1 cup each frozen peas and corn
- 2 red or yellow capsicums, diced
- 4 hard boiled eggs chopped
- 3 tbsp of salt reduced soy sauce

Fast Fact

Basmati rice is lower GI, meaning it will keep the kids feeling full for longer

AGHE Food Group

Cereals: 3/4
Vegetables/legumes: 3/4
Meat or alternatives: 2/3

Involving the Children

This recipe can be used to teach children about the Asian culture