

Lunch

RECIPE CARD

One-Pot Savoury Rice (Serves 4)

RECIPE NAME

Lunch

MEAL TIME

10 minutes

PREP TIME

25 minutes

TIME TO COOK

An easy one-pot recipe -
great for when it comes
to doing the washing up!

NOTES

Approx 303
kcal

CALORIES

INGREDIENTS

- ★ 150g of uncooked boneless skinless Chicken Breast, *diced into small pieces*
- ★ 1.5 teaspoons of paprika (*not smoked*)
- ★ pinch of Salt and Pepper
- ★ 1 small onion, *diced*
- ★ 1 carrot, *diced*
- ★ 1 stalk of celery, *diced*
- ★ 1/2 red pepper, *diced*
- ★ 1/2 green pepper, *diced*
- ★ 2 cloves of garlic, *minced*
- ★ 1/2 tablespoon of freshly grated ginger root
- ★ 1/2 tablespoon dark soy sauce
- ★ 1/2 cup (8 tablespoons) of sweetcorn, *canned*
- ★ 190g of long grain rice, *rinsed*
- ★ 480ml of chicken stock
- ★ 1 teaspoon of toasted sesame oil
- ★ 13 spring onions, *sliced*

METHOD



Spray a frying pan over a medium-high heat with low-calorie cooking spray. Add the chicken, paprika and a pinch of salt and black pepper, fry until browned, remove and set aside.



Spray the pan with a little more spray oil. Add the onion, celery, carrot and peppers and fry to soften. Throw in the garlic and ginger and fry for a further minute. Drizzle in the toasted sesame oil, dark soy sauce along with the rice and mix to coat.



Add in the chicken and the sweetcorn. Pour in the chicken stock and bring to a boil, reducing the heat. Cover and simmer until the liquid is absorbed, approx 10 minutes.



Turn off the heat, but leave the lid on for an additional 10 minutes (*do not remove lid or touch in this time as the steam trapped underneath will continue to cook the rice to perfection.*) After this time, remove the lid and stir in the chopped spring onions.



Taste and season with some salt and black pepper if needed.