



Chicken Fried Rice

Ingredients

- 100 g Broccoli
- 100 g frozen peas
- 2 tablespoons sunflower or vegetable oil
- 1 Clove Garlic
- 2 teaspoons root ginger, finely grated
- 250 g Microwavable cooked rice pouch
- 300 g Maggi Juicy Sweet Chilli Chicken leftovers!
- 3 drops Maggi Liquid Seasoning
- 0.5 teaspoon fish sauce (optional)
- 1 Medium lime, half juiced, half cut into wedges to serve
- 20 g Cashew Nuts
- 20 g spring onions, sliced
- 1 small red chilli, finely sliced
- 4 tablespoons Maggi Chilli Sauce (optional)

Instructions

1. Cook the peas and broccoli in a separate pan of boiling water for 3 minutes, drain. Heat the oil in a large frying pan and sizzle the garlic and ginger for 1 minute.
2. Microwave the rice according to the pack instructions. Shred the leftover chicken or tear into pieces. Add to the pan with the cooked vegetables and rice and fry for a minute or two.
3. Add the liquid seasonings and fish sauce, if using, and serve in bowls with the spring onions, cashew nuts, chilli sauce or chilli slices and lime wedges. Tuck in straight away!

Nutrition

Carbohydrate	56.95 g
Energy	590.44 kcal
Fat	21.18 g
Fibre	21.18 g
Protein	44.94 g
of which: saturates	44.94 g
Sodium	638.41 mg
of which: sugars	6.33 g

10 Minutes

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