



Cook time: 30 mins

Serves: 4

Prep time: 15 mins

# Brown Chicken Rice

## Ingredients

### Rice:

- 160g brown rice
- 160g white rice
- 12g canola oil\*
- 32g young ginger, blended
- 32g garlic, finely blended
- 400ml chicken broth (made with 4g concentrated chicken stock\*)
- 50g pandan leaves

### Steamed chicken:

- 3-4 litres water (enough to submerge the chicken fully during cooking)
- 80g young ginger, sliced
- 60g spring onion
- 18g rock sugar
- 400g lean chicken breast
- 6g sesame oil

### Vegetables:

- 400g xiao bai chai, washed and blanched

\*Choose products with the Healthier Choice Symbol.

## Method

### Rice:

- Wash both types of rice and drain.
- Heat up pot with oil and fry ginger until fragrant.
- Add garlic and fry until golden brown.
- Add chicken broth and bring it to a boil.
- Transfer the mixture to a rice cooker. Add in the washed rice and proceed to cook with pandan leaves.

### Steamed chicken:

- Boil water in a deep pot and add ginger, spring onion and rock sugar.
- Poach chicken breast for 20 mins under low flame.
- Soak cooked chicken in cold water for 4-5 mins before cutting it into slices.
- Serve the chicken with 120g cooked rice, 80g chicken meat and 60g blanched vegetables, with a dash of sesame oil.

### Tips:

- Soaking the cooked chicken in cold water keeps the meat firm and tender.
- The water that's used to poach the chicken can be used in place of chicken broth, but you'll need to add a little salt.

### Nutrition information (Per serving):

Energy: 302.4kcal  
Protein: 15g  
Total fat: 5.8g  
Saturated fat: 0.9g  
Carbohydrates: 48.3g  
Dietary fibre: 2.1g  
Sodium: 305mg