



Cook time: 50 mins

Serves: 4

Prep time: 10 mins

# Chicken Rice

## Ingredients

- 500g chicken breast, skin removed
- 1500ml water
- 30g ginger, sliced
- 1 tbsp sesame oil
- 1½ cups white rice
- 1 cup brown rice
- 1 tbsp canola oil
- 3 cloves garlic
- 30g ginger, sliced
- 1 pandan leaf
- 2 tsp sesame oil
- 2 tbsp low-sodium chicken seasoning powder or 100g Healthier Choice Symbol (HCS) chicken rice paste

### Nutrition Information (Per Serving):

Energy: 510kcal  
Protein: 45.7g  
Total fat: 16.5g  
Carbohydrates: 45.6g  
Dietary fibre: 3g

## Method

- Bring a pot of water to a boil. Put the chicken and ginger in, and allow to boil for 20 minutes.
- After 20 minutes, remove chicken and immerse it in cold water for 5 minutes to keep the meat tender. Remove the chicken from water, pat dry, then marinate with 1 tbsp of sesame oil. Set aside.
- Mix 2 tbsp of low-sodium chicken seasoning powder or 100g HCS chicken rice paste with 750ml of the water that the chicken was boiled in.
- Put the rice, sesame oil, garlic, pandan leaf, ginger and chicken seasoning stock in the rice cooker. Cook the rice. Stir once when it starts boiling, cover again till rice is fully cooked.
- Serve the rice with the chicken. Add a side of steamed green leafy vegetables to make this a balanced meal.