

## **Stew Chicken with Brown Rice (serving 10pax)**

### **Secondary School (per serving)**

150gm Mix Brown Rice  
70gm Skinless Grilled Chicken  
50gm Green Vegetable with Carrot

### **Primary School (per serving)**

75gm Mixed Brown Rice  
70gm Skinless Grilled Chicken  
50gm Green Vegetable with Carrot

### **Ingredient (Rice)**

100gm Mix Brown Rice – Rinsed and drain  
400gm White Rice – Rinsed and drain  
1.5litre Water (some used for chicken)

### **Ingredient (For Chicken)**

1kg Skinless Chicken Boneless Thigh  
2 Tablespoons Cooking Oil  
3 Clove Garlic  
50gm Onion – Sliced Thinly  
2 Tablespoon Dark Soy Sauce  
½ Teaspoon White Pepper  
2 Teaspoon Sesame Oil  
1 Teaspoon Sugar  
600ml Water

### **Ingredient (For Vegetable)**

400gm Green Leafy Vegetable  
100gm Carrots – Sliced  
1 Tablespoon Light soy sauce  
1 Clove Garlic – Chopped finely

### **Method**

- 1) Cut chicken to required weight and put in bowl
- 2) Marinade chicken with ½ Teaspoon pepper and ½ Tablespoon salt
- 3) Heat oil in pan and add oil, garlic and chicken. Stir fry till chicken is light brown
- 4) Add water, dark soy sauce, salt and boil till cooked well
- 5) Boil water in pot
- 6) Heat oil in pan, add garlic, green vegetable, carrot and light soy sauce
- 7) Serve on tray