

Recipe: Brown Chicken Rice

Main dish

Indulge in this wholegrain twist on a local delight – chicken rice.

Preparation time: 15 minutes
 Cooking time: 30 minutes
 Serves 15 children



Ingredients (Rice):

- 2 tablespoons of canola oil*
- 80g young ginger, blended
- 80g garlic, finely blended
- 900ml chicken broth (made with 10 g chicken stock cube*)
- 400g brown rice, raw*, washed and drained
- 400g white rice, raw, washed and drained
- 100g pandan leaves

Ingredients (Steamed chicken):

- 3 – 4 litres water, (enough to fully submerge the chicken during cooking)
- 200g young ginger, sliced
- 150g spring onion
- 45g rock sugar
- 1.4 kg whole chicken

Ingredients (Vegetables):

- 1 kg Xiao Bai Chai, washed and blanched



* Choose products with the Healthier Choice Symbol

Methods (Rice)

1. Heat up pot with oil and fry ginger until fragrant.
2. Add garlic and fry until golden brown.
3. Add chicken broth and bring it to a boil.
4. Transfer the mixture into the washed rice in the rice cooker and proceed to cook with pandan leaf.

Methods (Chicken)

1. Boil water in a deep pot and add in ginger, spring onion and rock sugar.
2. Poach whole chicken for 45 minutes under low flame.
3. Soak cooked chicken in cold water for 4 - 5 minutes.
4. Remove the skin and bone before cutting the chicken.
5. Serve the chicken with 120 g cooked rice, 80 g chicken meat and 60 g blanched vegetable.

Nutrition Information
(Per serving): 260 g
Energy 302.4 kcal
Protein 15.0 g
Total fat 5.8 g
 Saturated fat 0.9 g
Carbohydrates 48.3 g
Dietary fibre 2.1 g
Sodium 305 mg

Cost Per Serving: \$ 1.10

Tips:

- *Soaking the cooked chicken in cold water helps the chicken meat to remain firm and tender.*
- *The water that was used to poach the chicken can be used in place of chicken broth, but you will need to add a little salt.*