Recipe: Brown Chicken Rice

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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

**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

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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.