

Chinese Chicken and Vegetable Rice



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4-6 portions

INGREDIENTS

500g Diced Chicken
50ml Soy Sauce
5g or ½ Vegetable
Stock Cube
½ tsp Chinese Five
Spice
1 Spring Onion
350g Long Grain Rice
20ml Oil
150g Carrots
150g Peppers
150g Peas

METHOD

Place the chicken, soy sauce, vegetable stock and Chinese five spice in a bowl, mix well and marinate for at least 1 hour in the fridge.

Chop the spring onion and place to one side.

Peel and dice the carrots, then chop and slice the peppers.

Cook the rice in a saucepan with 1 litre of boiling water for 20 -25 minutes until the rice is soft. Then drain well.

Whilst the rice is cooking, heat the oil and fry the carrots and peppers. Add the chicken and cook for 10 minutes until fully cooked.

Lastly, add the peas, spring onion and the drained cooked rice to the chicken and gently reheat for another 3 minutes, ensuring you stir it frequently, then serve.