

Fresh for Kids®

Quick vegie & chicken brown rice



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Preparation: about 15 minutes
Cooking: about 15 minutes
Serves: 4 kids

450g pkt 2 ½ minute brown rice
 2 tbs peanut oil
 2 eggs, lightly beaten
 1 large carrot, peeled and chopped
 3 green onions (shallots), sliced
 150g sugar snap peas, trimmed
 125g baby corn, halved lengthways
 ½ barbecued chicken, flesh shredded (discard skin and bones)
 2 tbs salt reduced soy sauce
 1 tsp sesame oil
 ¼ cup almond kernels, chopped

1. Cook rice in the microwave following packet directions. Set aside.
2. Heat 2 tsp oil in a wok over high heat. Swirl eggs around wok to form an omelette and cook for 2 minutes until almost set. Fold over and cook until set. Roll up and transfer to a board.
3. Heat remaining 1½ tbs oil in wok over high heat until hot. Add carrot, green onions, sugar snap peas and baby corn. Stir-fry for 2–3 minutes. Add rice, chicken, soy sauce, sesame oil and almonds. Stir-fry for 2 minutes. Roughly chop omelette and toss into rice. Spoon into serving bowls and serve.

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Sugar snap peas

- An excellent source of vitamin C, which helps the body resist infection.
- Provide dietary fibre, which is needed for a healthy intestine.
- A source of potassium, which the body needs to help balance the adverse effects of salt.
- Provide small amounts of protein which is especially useful for those following a vegetarian diet.
- A source of dietary fibre, which helps keep the intestine working normally.

For fresh fruit and vegetable recipes visit
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