



GF Friendly

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Chicken and Rice Stir-fry

As can be seen from the left-hand picture below, I used only half of the meat that was cooked in the previous recipe. That was because there are only two of us and we aren't big eaters. The serve on the right was enough for a single serve; and as there was ample for another two serves, this was sealed in a plastic take-away container and frozen. Vegetables are a matter of choice and availability. I've listed the ones I used.



- ½ of the cooked chicken pieces (Recipe BSR01), shredded small
- 1 carrot peeled and sliced thinly (diagonally is good)
- ½ onion coarsely chopped
- ½ cup each frozen peas and green beans
- 1 cup uncooked white rice
- 1 tsp powdered garlic
- ¼ tsp salt
- ¼ capsicum sliced thinly
- 3 cups chicken stock (from the previous recipe)
- 2 tps chicken stock powder
- 1 tsp garam masala
- ¼ tsp pepper (optional)
- 2 Tbsp bean sprouts
- 1 stick celery sliced thinly
- 1 mushroom, peeled and sliced
- 1 Tbsp olive oil (or other cooking oil)

Put the rice in a pan with the chicken stock, bring to the boil while stirring occasionally. Turn down the heat and simmer for about 10 minutes until just cooked. Flush this with cold water to remove the starch and set aside.

In a wok or deep frying pan, warm the garlic and garam masala in the oil until starting to sizzle; then pop in all of the vegies and stir-fry for 5-10 minutes to soften slightly. Add the chicken and stir for about 3 minutes. Finally include the cooked rice, sprinkle on the stock powder and continue stir-frying to combine and heat.

Tip: Half an onion placed in a screw-top glass jar with a little water will keep in the fridge for up to a week.

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