



CHICKEN FRIED RICE

For some reason I need spice on days that I train. Soon I'm just going to present you with a bowl of chillies to munch through!

**INGREDIENTS FOR 1 SERVING**

<p><b>Nutrition</b> Approx. macros per serving</p> <p>Macros are based on your edited ingredient amounts and currently selected items.</p> <p>Calories 388      Protein 37.1 g Carbs 48.3 g      Fat 5.5 g Sugar 7.8 g      Sat Fat 3.2 g Fibre 7 g      Sodium 6.9 g</p> <p>Breakdown of calories per serving</p>	100g	Chicken breast, cut into thin strips
	40g	Dried basmati rice
	100g	Mushrooms, sliced
	1	Garlic clove, crushed
	45g	Spring onion, finely chopped
	1	Chilli, with or without seeds
	1 tsp	Ground ginger
	100g	Broccoli
	2 tbsp	Water
	3g	Coconut oil
	40 ml	Soy sauce

## METHOD

- Put the chicken into a bowl, add the soy sauce, the ground ginger, the chopped chilli and the garlic.
- Leave this to marinate for 10 or so minutes.
- Cook the rice according to the manufacturer's instructions, drain and leave in the colander to get rid of any extra liquid.
- Steam the broccoli florets to your liking and set them aside.
- Put a frying pan onto a medium heat and add the coconut oil.
- When the oil is hot add the chicken and all the marinade and stir fry for a few minutes.
- When you're happy that the chicken is almost cooked add the vegetables including the broccoli stem chopped up (about the thickness of a £1 coin).
- Add a couple of tablespoons of water before popping the lid on to let the vegetables steam.
- When the vegetables have softened a little add the rice to the pan and thoroughly mix everything together and after a minute or so serve with the broccoli florets.

How quick was that!

## NOTES

- When I use broccoli in a stir fry, I like to steam the florets to serve on the side and I cut the stem up for the stir fry and the stem has lots of flavour!
- This recipe can also be made using ready cooked rice. Adjust the amount according to your dietary needs.
- If you don't have or don't like coconut oil, feel free to use vegetable oil instead.
- Why not batch cook this recipe and have a portion ready for tomorrow too!