



Eggurice (OP I)

Serving: 1

Non Veg

Ingredients

- -Chicken -50 grms
- - Small onion- $\frac{1}{2}$
- - Oil - $\frac{1}{2}$ tsp.
- - Brown rice cooked - $\frac{1}{2}$ cup
- -Salt - $\frac{1}{2}$ tsp.
- - Pepper - $\frac{1}{2}$ tsp.
- -tomato puree -1 tbsp
- -green peas -few (10-12)
- -Water - 1 cups
- -1 egg white
- -salt
- - $\frac{1}{2}$ tsp. oil

Preparation Method

- -Cut chicken thigh into 1-inch pieces.
- -Heat oil in a frying pan at medium heat. Add chicken and cook for 5-8 minutes.
- -Add finely chopped onion and cook until onion becomes translucent.
- -Add cooked rice and cook mixing for 2 minutes. Season rice with salt and pepper. Make room in the frying pan and add tomato puree. Cook only ketchup for 30 seconds to cook it down. Mix rice and tomato puree and fry together for 1-2 minutes. Then add peas and cook some more.
- -Place rice into a rice bowl or similar kind of bowl, pack lightly, and unmold on a plate.
- -Beat egg and a pinch of salt together. Heat frying pan with $\frac{1}{2}$ tsp. oil. Pour the egg mixture into hot frying pan and make a crepe-like thin round egg sheet. Cover molded
- Top it up on rice . Serve hot