

# FED



Combine Food and Exercise to follow a balanced Diet and lead a healthier lifestyle

## Chicken Fried Rice

### Nutrients (per serving)

Serves: 6

Preparation time (mins): 10

Cooking time (mins): 8

Calories (kcal): 324

Carbohydrates (g): 51

Protein (g): 14

Fat (g): 5



### Ingredients

- 3 eggs, plus 2 egg whites slightly beaten
- Ground black pepper
- 2 cups long-grain rice cooked and chilled
- 7 sliced water chestnuts
- 1 tbsp anchovy paste
- 1 tbsp light soy sauce
- 1 tbsp dark soy sauce
- 2 spring onions
- 1 cup chicken

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### Method

1. Heat a pan or wok until hot and add some oil of your choice (less is more). Add the chicken and season to your taste. Once cooked set aside.
2. In the same pan pour in the eggs and scramble, scraping the bits that stick to the pan/wok. Remove and set aside once cooked.
3. Add a bit more oil into the pan. Add the onions and anchovy paste and heat through.
4. Next, add the rice and keep tossing until it is heated through. Once the rice is hot, add the remaining ingredients, including the eggs and chicken.
5. Continue to cook over a medium heat for 2-3 minutes. Keep tossing.
6. Taste and season with pepper and add more sauce if needed.