**Chicken Fried Rice**

Prep time: 10 min Cook time: 15 min

**Ingredients:**

* 2 cups almost cooked brown rice or hand pounded white rice
* 1 egg, whisked
* 1 cup chicken breast, cooked in broth and chopped
* 1 onion, finely chopped
* 1 carrot, finely chopped
* ½ cup bell peppers, finely chopped
* ½ cup French beans, chopped
* 3 spring onions, chopped
* 2 cloves garlic, minced
* 1 tbsp ginger, grated
* Pinch of red chili
* 1 tbsp soya sauce
* 3 tbsp oil (sunflower or extra light olive oil)
* Low sodium salt, to taste.

**Instructions:**

1. Heat 1 tbsp oil in a pan, add the eggs, and scramble until lightly cooked. Transfer to a bowl.
2. Add another 1 tbsp oil to the pan, then add the onions and carrots. Cook for about 5 minutes until the onions turn translucent.
3. Add the remaining vegetables and a pinch of salt. Cook for another 5 minutes, stirring often.
4. Transfer the cooked vegetables to the bowl with the scrambled eggs.
5. Add 1 tbsp oil to the pan again, then add ginger, garlic, and red chili powder. Stir for a few seconds, then add the cooked rice and chicken.
6. Cook for 5 minutes, then add the spring onions along with the cooked vegetables and eggs.
7. Stir well to combine.
8. Finally, add the soy sauce and adjust salt to taste. Mix well and serve hot.