



Make dinner a breeze with our new shopping list app for iPhone.

Tap to install.



Serves: 4



Prep Time: 5 mins



Cook Time: 20 mins

Ingredients

1 lb (0.5 kg) boneless, skinless chicken breast(s)

1 cup (250 mL) whole grain red rice

1/4 cup (60 mL) cornstarch

3 tbsp (45 mL) sesame oil

+

1 tsp (5 mL) sesame oil

1/2 cup (125 mL) red onion(s), sliced lengthwise

2 cloves garlic, minced

1/2 cup (125 mL) red hot chili pepper(s), chopped

3 tbsp (45 mL) ginger, minced

2 tbsp (30 mL) low-sodium soy sauce

2 tomato(es), large, cut into wedges

Nutrition Info

Calories 470 | Protein 32 g | Fat 15 g | Saturated Fat 2 g | Carbohydrate 53 g |
Fibre 5 g | Sugar 4 g | Cholesterol 65 mg | Sodium 340 mg

Cook whole-grain red rice according to package directions in unsalted water.

Cut the chicken into cubes and toss with cornstarch making sure all pieces are totally coated. If not, add a bit more cornstarch.

Heat 3 Tbsp (45 mL) sesame oil over medium heat in a non-stick wok or skillet. Cook chicken until pieces are browned on both sides and slightly crispy. Remove with a slotted spoon and set aside.

Add another 1 tsp (5 mL) of sesame oil, sliced onions, minced garlic and ginger and stir-fry for 2 minutes. Add chopped peppers and cook another 2 minutes. Return chicken to pan, add sliced tomato wedges, season with soy sauce and heat through.

Serve over cooked red rice on a heated serving platter.

A spicy stir-fry which is a classic dish from the Kingdom of Bhutan, in the eastern Himalayas. Buy medium-grain red rice at specialty and health food stores.

Remove the seeds from the chili peppers for a less spicy dish.