



Chicken & egg-fried rice



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



419 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tbsp unrefined sunflower oil
- ☐ 3 penzey's southwest seasoning with some seasoning beaten
- ☐ 320 g savory vegetable mixed
- ☐ 1 tbsp curry powder
- ☐ 140 g regular corn frozen
- ☐ 600 g rice cooked
- ☐ 1 chicken breast strips/pre-cooked/chopped shredded finely
- ☐ 2 tbsp soy sauce

- ☐ 2 tbsp chilli sauce sweet
- ☐ 2 tbsp catsup

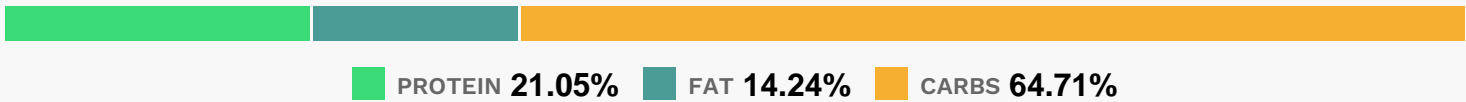
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ cutting board

Directions

- ☐ Heat a splash of oil in a large frying pan and tip in the beaten eggs. Swirl the pan to coat in a thin layer of egg and cook for a few mins until set. Tip onto a chopping board, roll up, slice thinly and set aside.
- ☐ Heat a little more oil, add the stir-fry veg, curry powder and sweetcorn with a splash of water. Cook for 1–2 mins until the veg starts to wilt, then tip into a bowl.
- ☐ Add the last of the oil to the pan, tip in the rice and chicken, mix well, then add the soy sauce, sweet chilli, ketchup, a splash of water and some black pepper.
- ☐ Finally, add the eggs and the veg, toss together and heat through until hot. Tip into bowls and serve immediately.

Nutrition Facts



Properties

Glycemic Index:54.88, Glycemic Load:52.45, Inflammation Score:-10, Nutrition Score:19.996086826791%

Flavonoids

Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 419.45kcal (20.97%), Fat: 6.73g (10.35%), Saturated Fat: 1.09g (6.83%), Carbohydrates: 68.77g (22.92%), Net Carbohydrates: 63.16g (22.97%), Sugar: 7.65g (8.5%), Cholesterol: 36.55mg (12.18%), Sodium: 522.37mg (22.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.38g (44.76%), Vitamin A: 4235.37IU (84.71%), Manganese: 1.12mg (55.81%), Vitamin B3: 8.39mg (41.94%), Selenium: 23.91µg (34.16%), Vitamin B6: 0.58mg (28.76%), Phosphorus: 258.79mg (25.88%), Fiber: 5.61g (22.46%), Magnesium: 71.42mg (17.86%), Vitamin E: 2.29mg

(15.24%), Vitamin B5: 1.44mg (14.44%), Iron: 2.54mg (14.14%), Potassium: 494.28mg (14.12%), Vitamin B1: 0.2mg (13.31%), Vitamin C: 10.79mg (13.08%), Zinc: 1.9mg (12.69%), Copper: 0.24mg (12.24%), Vitamin B2: 0.2mg (11.66%), Folate: 45.96µg (11.49%), Vitamin K: 6.95µg (6.62%), Calcium: 65.68mg (6.57%), Vitamin B12: 0.15µg (2.44%)