

Freshfor **Kids** Veggie El chicken nasi goreng



For a spicier flavour, add a thinly sliced long red chilli.

2 tbs vegetable oil 1 tsp sesame oil 4 free-range eggs 1 chicken breast fillet, cut into 2cm pieces 2 garlic cloves, crushed 3 green onions (shallots), thinly sliced 1 carrot, sliced lengthways into thin ribbons (use a vegetable peeler) 2 cups finely shredded Chinese cabbage 100g snow peas, trimmed and sliced lengthways 3 cups cooked cold jasmine or brown rice * 2 tbs kecap manis 1 tbs reduced salt sov sauce To serve:

1 cup bean sprouts, trimmed 1 Lebanese cucumber, halved lengthways and thinly sliced ¹/₄ cup chopped roasted peanuts (optional)

STEP 1 Heat 1 tbs vegetable oil and the sesame oil in a wok over high heat. Fry the eggs, one at a time in wok for 2-3 minutes until golden around the edges. Transfer to a tray and keep warm.

STEP 2 Heat remaining 1 tbs oil in the wok over high heat. Add chicken, garlic and green onions. Stir-fry for 2-3 minutes until chicken is almost cooked through. Add carrot, cabbage and snow peas to wok. Stir-fry for 2 minutes.

STEP 3 Toss through rice, kecap manis and soy sauce and stir-fry for 2-3 minutes until hot. Divide rice mixture among serving bowls. Top each with bean sprouts, a fried egg, cucumber and a scattering of peanuts (if liked).

*Cook 1¹/₂ cups rice, following packet directions, to make 3 cups cooked rice. Chill the cooked rice well before using - overnight is best.



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