



JERNEJ KITCHEN

CHICKEN FRIED RICE WITH VEGETABLES

*Chicken Fried Rice with Vegetables is quick and easy 40-minute dinner, perfect for any day of the week.
Healthy and light meal for the whole family.*

SERVES	4	PEOPLE
PREPARATION:	5	MINUTES
COOK:	35	MINUTES
TOTAL TIME:	40	MINUTES

CHICKEN FRIED RICE WITH VEGETABLES

- 1 carrot
- 1 onion
- 1 bell pepper
- 2 chicken breasts (600g or 1.3 pounds), skinless and boneless
- 300 g Arborio rice (1 1/2 cup)
- 1 clove of garlic
- 500 ml chicken stock or water (2 cups)
- 1 tsp thyme
- 1/4 tsp cumin powder
- 1/2 tsp paprika powder
- 180 g frozen peas (1 cup)
- 1 tbsp olive oil

TOOLS AND EQUIPEMENT

- kitchen knife
- cutting board
- pan with a lid

Sponsored

PREPARE THE VEGETABLES

Peel the carrots and finely dice it. Dice the onion, cut the bell pepper in half, remove the seeds and cut in small chunks. Place a large pan over medium heat. Add the olive oil and prepared vegetables. Cook for 5 minutes while stirring occasionally.

CHICKEN AND RICE

Cut the chicken breasts into small cubes. Season with salt and pepper and add to the vegetables in a pan. Increase the heat, stir to combine, and cook for 2 - 3 minutes. Add the rice and diced garlic. Cook for 5 minutes, stirring occasionally.

COOK

Add the spices (thyme, cumin, and paprika powder), cook for a minute. Add the chicken stock or water, cover with a lid and cook for 10 minutes, then add the frozen peas and continue to cook for another 5 minutes. Remove the lid and pan-fry the rice on high heat for about 5 - 8 minutes. Adjust the seasoning before serving.

SERVE

Divide the Chicken Fried Rice with Vegetables between four plates. Sprinkle with chopped parsley and serve.