

# Fresh for kids™ Fried vegetable brown rice



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### Ingredients:

- 1½ cups brown rice
- 2 tbs extra light olive oil
- 2 eggs, lightly beaten
- 200g chicken tenderloins, thinly sliced
- 250g lean rindless bacon, finely chopped
- 1 cob corn, kernels removed
- 400g fresh peas, shelled
- 1 medium red capsicum, halved, deseeded and finely chopped
- 1 medium carrot, coarsely grated
- 6 green onions, thinly sliced
- 2 tbs reduced-salt soy sauce

### Health benefits:

#### Corn

This delicious vegetable is low in fat and high in fibre. Corn is a good source of carbohydrate.

The carbohydrate found in corn has a low glycemic index and is therefore slow to digest and extremely filling keeping you well fuelled throughout the day. Corn is a healthy meal choice for the whole family.

### Method:

1. Cook rice by absorption method, following packet directions. Drain and refrigerate for 1 hour or until cold\*.
2. Heat 2 tsp oil in a wok over medium heat. Add eggs and swirl around wok to form a thin omelette. Cook for 1 minute on each side. Roll omelette and thinly slice. Set aside.
3. Heat remaining oil in wok over medium heat. Add chicken and bacon and stir-fry for 2 minutes. Add corn and peas and stir-fry for 1 minute.
4. Add capsicum, carrot, green onions and rice and stir-fry for 3–4 minutes or until rice is hot.
5. Add sliced omelette and soy sauce and stir-fry for 30 seconds and serve.

\*It is preferable to cook the rice the day before and store it in an airtight container in the fridge

**Serves:** 6 kids

**Preparation:** 30 minutes  
(+ chilling time for rice)

**Cooking:** 24 minutes



*Supplying quality fresh fruit & vegetables*



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