

Curry Chicken Fried Rice

Preparation time **15 minutes**

Cooking time **30 minutes**

Servings **5**

Cost per serving **\$1.78**

Storage **3 days in the fridge.
Can be frozen.**

Kitchen tools **Measuring cups and spoons, vegetable peeler, cutting board, sharp knife, small pot, large frying pan, wooden spoon**



Ingredients



625 ml (2½ cups)
water



310 ml (1¼ cup)
dry rice



15 ml (1 tbsp)
canola oil

OR
NORTHERN
SHRIMP



4 **chicken thighs**, skinless and deboned
(about 350 g), cut into strips



1 large or 2 small **yellow onions**, diced
into large chunks (about 250 ml / 1 cup)



4 **carrots**,
peeled and sliced



4 **garlic** cloves,
finely chopped



10 ml (2 tsp)
curry powder



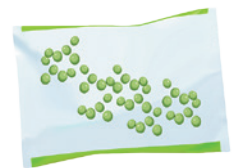
Salt, pepper and Tobasco-style
hot sauce, to taste



6 **eggs**

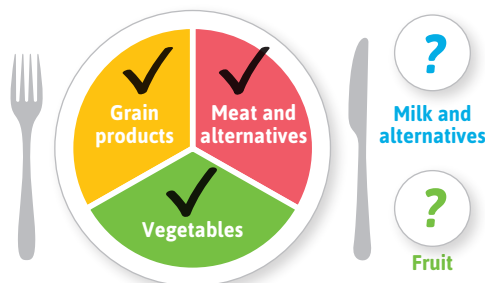


60 ml (¼ cup)
soy sauce



250 ml (1 cup)
frozen green peas

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Balanced plate

Serve with:

- ? Vegetables to round out the serving (cooked vegetables, for example) and a fruit
- ? A glass of milk or fortified soy beverage

Directions

1	<p>In a small pot, bring the water to a boil, add the rice, lower heat, cover and cook for 15 to 20 minutes, or until the rice is cooked, then set aside.</p> <p>Tip: Use this waiting time to cut and measure the other ingredients.</p>	
2	<p>Meanwhile, in a large frying pan over medium-high heat, heat the oil and cook the chicken for about 5 minutes, or until browned.</p>	
3	<p>Add the onions and carrots. Cook for 2 to 3 minutes.</p>	
4	<p>Add the garlic, curry powder, salt and pepper. Combine and cook for 1 minute.</p>	
5	<p>Push all the ingredients to one side of the frying pan.</p>	
6	<p>Add the eggs and scramble them with the wooden spoon. Let cook.</p>	
7	<p>Once the eggs are cooked, combine all the ingredients. Add the cooked rice, soy sauce, green peas and hot sauce (if using). Mix together.</p>	
8	<p>Cook until you hear crackling sounds and the rice is starting to dry out. Serve.</p> <p>Variation: Adapt this recipe to your own taste by adding fresh coriander leaves, lime juice or chopped peanuts.</p>	

My rating: ★ ★ ★

This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition