

# Healthy Fried Rice

A lighter take on a classic favourite!  
This veggie-packed fried rice is full of colour, flavour, and whole food goodness.

Made with brown rice, fresh vegetables, and a splash of tamari, it's a quick and satisfying meal that's perfect for using up leftovers without the grease or guilt. Leave out the chicken for a vegetarian option.



## Ingredients

- 2 cups cooked brown rice, rinsed
- 1 Tbsp olive oil
- 1 clove garlic
- 1-2 long red chillis, sliced
- 3 chicken breasts, diced
- 3-4 carrots, diced
- 3-4 stalks celery, diced
- Red and green capsicum, diced
- 3/4 cup peas (optional)
- 2 Tbsp tamari or gluten free sauce
- 2 Tbsp Kecap Manis
- Chopped parsley (optional)
- Chopped cashews (optional)
- Sliced avocado (optional)

## Method

- Bring a large saucepan of water to the boil and add rice.
- While the rice is cooking, heat olive oil in a large frying pan and add garlic and chill and saute
- Add chicken and cook until browned
- Add diced vegetables (except peas if using) and cook for 5 minutes or until vegetables are cooked but still firm.
- Stir through the peas if using
- Drain the rice, rinse and then add to the frying pan
- Add sauces, stir though until well combined
- Top with parsley, avocado or cashews if using

Tip: Makes great leftovers or a second meal during the week!