



# Chicken — Rice —

Serves 4

Prep time: **10 mins**  
Cook time: **50 mins**

## Ingredients

### Chicken

- 500g chicken breast, skin removed
- 1500ml water
- 30g ginger, sliced
- 1 tbsp sesame oil

### Rice

- 1½ cup white rice
- 1 cup brown rice
- 1 tbsp canola oil
- 3 cloves garlic
- 30g ginger, sliced
- 1 pandan leaf
- 2 tsp sesame oil
- 2 tbsp low-sodium chicken seasoning powder or 100g Healthier Choice chicken rice paste

## Method

- Bring a pot of water to boil. Put the chicken and ginger in and allow to boil for 20 minutes.

- After 20 minutes, remove chicken and immerse in cold water for 5 minutes to keep the meat tender. Remove the chicken from water, pat dry, then marinate with 1 tbsp of sesame oil. Set aside.
- Mix 2 tbsp low-sodium chicken seasoning powder or 100g Healthier Choice chicken rice paste with 750ml of the water that the chicken was boiled in.
- Put the rice, sesame oil, garlic, pandan leaf, ginger and chicken seasoning stock in the rice cooker. Cook the rice. Stir once when it starts boiling, cover again till rice is fully cooked.
- Serve the rice with the chicken. Add a side of steamed green leafy vegetables to make this a balanced meal.

## Nutrition Information (Per serving)

Energy: **510 kcal**  
Protein: **45.7g**  
Total fat: **16.5g**  
Carbohydrates: **45.6g**  
Dietary fibre: **3g**

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# Health Bites



## Taste the freshness

It's always tastier when it's fresher. Use fresh ingredients, herbs and spices or low-sodium seasoning instead of salt to add a touch of goodness to your dishes.



## Wholesome wholegrains

Wholegrains are one of nature's best foods. They are not only rich in fibre, but can also help control blood-sugar and lower your cholesterol.



## Eat clean with lean meat

Choose lean cuts of meat if you're looking for a healthier and more flavourful alternative. You can make it even healthier by removing skin and visible fat.

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