



# Chicken and Vegetable Stew

Serves 2

**Prep time: 10 mins**

**Cook time: 20 mins**

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## Ingredients:

- 1 cup (200g) uncooked brown rice
- 200g chicken breast, pat dried and cut into bite sized pieces.
- 2 tsp oil
- 1 small onion, roughly chopped
- 2 garlic cloves, roughly minced
- ½ cauliflower, cut into florets
- 1 celery stick, chopped into small pieces
- 1 carrot, chopped into bite sized pieces
- 2 tomatoes, cut into chunks
- 300ml water
- Handful of fresh coriander, roughly chopped
- Chilli flakes or fresh chilli, to taste

## Method:

**Protein**



1. Cook the brown rice according to instructions on the packaging.
2. Heat 2 teaspoons of oil in a deep pan over medium-high heat, sauté onion and garlic over medium-high heat for 30 seconds to 1 minute.
3. Add chicken pieces and cook until chicken pieces are browned.
4. Add vegetables and water. Bring to a boil, then lower heat to simmer for 5-10mins, stirring once or twice.
5. Add chilli flakes or fresh chilli to taste. Stir in coriander before serving.
6. Serve with brown rice. Alternatively, stir the brown rice into the stew and serve.

## Healthier Eating Tips

Including foods high in soluble fibre, such as brown rice, oats, carrots, and peas, can help to lower blood cholesterol levels, and slow digestion to allow for a slower release of sugar into the bloodstream for better blood sugar control.