

10-Minute
Prep Meals



Let your child lend
a hand with the prep.
It's an easy way to get
them excited about
what's on the plate.



ONE POT CHICKEN

* OYAKODON

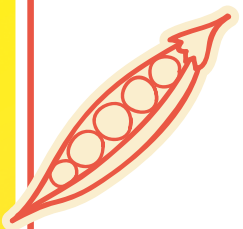


ONE POT CHICKEN

* OYAKODON

INGREDIENTS

- 200ml water
- 1 boneless chicken thigh, remove skin and cut into cubes
- 100g corn kernels
- 100g edamame beans
- 50g white rice, washed and drained
- 50g brown rice, washed and drained
- 2 eggs, beaten
- 1 medium-sized yellow onion, sliced thinly
- 2 sprigs spring onion, sliced thinly
- 1 tbsp oyster sauce HCS*
- 1 tbsp light soy sauce HCS*
- 1 tsp minced garlic
- 1 tsp minced ginger
- 1 tsp honey
- 1 tsp sesame oil HCS*



Eat All Foods in Moderation

*Use ingredients with the Healthier Choice Symbol (HCS) for a more nutritious meal!

METHODS

1. Combine the chicken, garlic, ginger, onion, oyster sauce, light soy sauce, honey and sesame oil in a bowl. Mix well and allow the chicken to marinate.
2. Add the rice and water to a medium pot or rice cooker. Layer the marinated chicken, corn and edamame on top.
3. Cook for about 20 minutes, allowing the rice to absorb the savoury flavours from the chicken and seasonings.
4. Pour the beaten egg evenly over the cooked rice mixture. Cover and allow the residual heat to gently cook the egg for about 10 minutes.
5. Gently mix the rice before serving and garnish with spring onions.



TIP: For added convenience, marinate the chicken the night before and store it in the refrigerator. This allows the flavours to develop while helping you save time when preparing dinner the next day.