



CHICKEN VEGGIE WITH MINT BROWN RICE

Serving Size: 2 Preparation Time: 30 minutes



INGREDIENTS

Mint Brown Rice

- 1 cup brown rice (176g)
- 1 piece cinnamon stick
- 1 cardamom
- 2 cloves
- 1 bay leaf
- 3-4 mint leaves
- 3 cups water (750ml)
- 1 tsp HCS lower-sodium salt 
- 1 tbsp HCS oil 

Chicken Veggie

- 500g chicken breast meat
- 1 tbsp cumin seeds
- ¼ inch ginger, minced
- 4 cloves garlic, minced
- 1 onion, sliced
- 1 carrot, sliced
- 1 capsicum, sliced
- ½ cup mushroom, sliced
- 1 broccoli, sliced
- ¼ tsp black pepper powder
- ¼ tsp mixed dried herbs (oregano, parsley, rosemary)
- ¼ tsp turmeric powder
- ¼ tsp chilli powder
- ¼ tsp coriander powder
- 1 tsp garam masala



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METHOD

Brown Rice

- 1) Wash the brown rice to remove the excess residue and soak the brown rice for 10 minutes.
- 2) Add the soaked brown rice into the rice cooker with 3 cups of water.
- 3) Add cinnamon stick, cloves, bay leaf, mint leaves, cardamom, salt and oil.
- 4) Let the rice cook completely for 20 minutes.

Chicken Veggie

- 1) Remove the chicken skin and cut the chicken into small pieces.
- 2) Add water to the pan and boil it. Add salt to it. When it starts boiling, add the chicken and boil for another 8-10 minutes.
- 3) Strain the chicken stock. Keep the stock water and chicken separately.
- 4) Add oil into the pan, add cumin seeds, ginger and garlic. Stir for 1 minute.
- 5) Add onion and sauté for 2 minutes. Add carrot, capsicum, broccoli and mushroom. Stir all the vegetables.
- 6) Cook for 2-3 minutes. Add chicken and stir. Add salt and black pepper powder.
- 7) Add turmeric powder, chilli powder, coriander powder and garam masala.
- 8) Add some chicken stock from earlier and cook it for 5-6 minutes until the water dries.
- 9) Finally, add the mixed dried herbs and mix well.
- 10) Serve warm with the mint brown rice.