

August

Kifah's Special Fried Rice

This is one of Kifah's favourite family recipes. You could use prawns (or any other meat) instead of the chicken, but this is how she makes it for Alind and Ivan.



Serves 1

Ready in 25 minutes

Ingredients

1 cup basmati rice

1 cup chicken stock

1 Chicken breast

Olive oil (small amount)

2 cups mixed frozen vegetables or a selection of vegetables (we like red pepper, peas, sweetcorn and mushrooms)

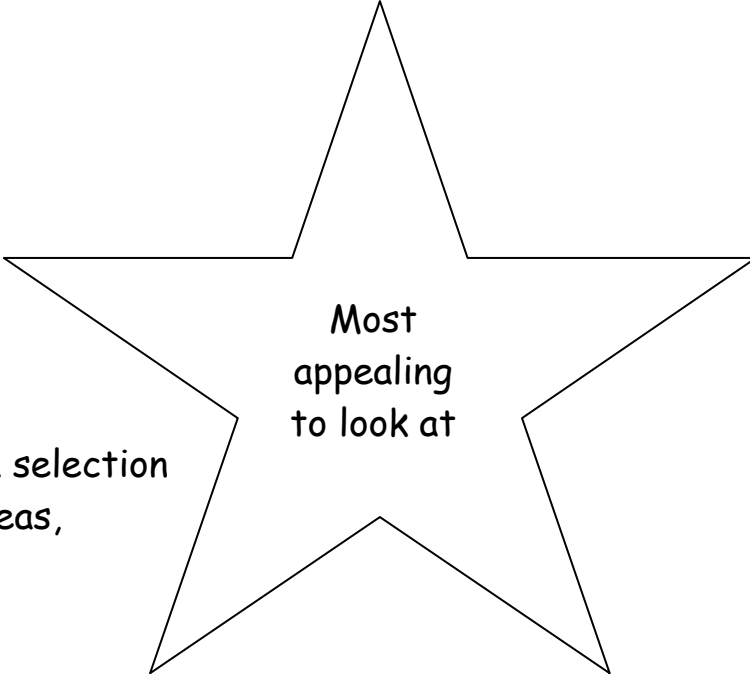
1 egg

$\frac{1}{2}$ tsp mild curry powder

Ground black pepper

Handful of Sultanas (optional)

Worcester Sauce (optional)



Most
appealing
to look at

Method

1. Cook the rice as per the packet instructions using chicken stock, and add the ground pepper and curry powder for extra flavour. Once cooked, set aside to cool.
2. Cut the chicken breast into slices and fry using a small amount of oil. Remove from pan and drain on kitchen towel
3. Add the vegetables and stir-fry until they are tender. Once cooked, set aside.
4. Fry the egg. If you use a non-stick frying pan you should only need a little oil. Cook until the egg is well set, then break it up with a fork.
5. Mix everything together in a saucepan and heat through on a low heat for 5 minutes and then serve on a plate. Add Worcester sauce and sultanas for extra flavour if required



Sack the salt

Traditionally a recipe like this would often have a lot of salt added to bring out the taste. Instead, we have used other flavourings like curry powder, black pepper and Worcester sauce. There will be salt in the chicken stock, and this should be enough. Salt is dangerous for health as it raises blood pressure, which is a risk factor for heart disease and strokes. Adults should eat no more than 6g of salt per day (less for children, depending on their age), but we tend to have almost double that amount. Most salt we eat is already in food. Look at the nutrition labels to see how much salt is in some of your favourite foods!