



Ingredients

- 1 pkt MAGGI Chinese Fried Rice Recipe Mix
- 2 Egg
- 500 g Chicken thigh, without skin
- 1 Medium Onions
- 1 Red Capsicum
- 3 cups Cooked white rice, medium-grain
- 1.5 cups Vegetables, mixed, frozen, unprepared

Instruction

1. Cook rice as per pack instructions; set aside to cool.
2. Heat 1 tsp oil over medium heat in a frypan or wok; pour in egg. Swirl pan to coat base with egg; cook for 1- 2 minutes or until set. Remove from pan; roll, slice thinly, reserve.
3. In same pan, heat 1 tsp oil on high heat; brown chicken until cooked through. Add onion and capsicum, cook for 2-3 minutes. Add rice and frozen vegetables.
4. Add combined 1/3 cup (80mL) water and MAGGI Recipe Base. Mix well, cook for 5 mins or until heated through, stirring occasionally.
5. Add reserved egg, garnish with spring onions (optional); toss through. Enjoy!

Nutrition

Carbohydrates	57.01 g
Energy	493.75 kcal
Fats	14.28 g
Protein	32.59 g

⌚ 35 Minutes

⊕ 4