

Quick and easy



Indonesian-style stir fry

Serves 1

1 tsp coconut oil

½ onion, peeled and finely sliced

½ carrot, grated

1 clove garlic, peeled and crushed

100g kale, shredded

95g cooked brown rice (30g uncooked)

115g cooked chicken breast, shredded

2 tsp fish sauce or light soy sauce

1 tbsp sriracha chilli sauce

1 medium egg

Method

Heat the oil in a wok or deep frying pan over a medium heat, add the onion, carrot and garlic and fry for 3–4 minutes until soft. Add the kale and fry for a further 3–4 minutes until wilted.

Tip in the rice and shredded chicken and toss to coat. Remove from the heat and stir in the fish or soy sauce and most of the chilli sauce.

Spoon everything into a warm bowl then crack the egg into the pan and fry until the white is set and the yolk is still runny.

Lay the egg on top of the rice, drizzle over the remaining chilli sauce and serve.

Tips

If you prefer to cook the rice from scratch, boil it according to the packet instructions then weigh out then spread out on a baking tray or plate and leave to cool completely. Weigh out the cooled rice and use as above.

This dish uses cooked chicken breast to make it really quick, but you can cook your own if you'd prefer. The best way is to poach a whole chicken breast. Drop it into a pan of boiling water, bring it back up to the boil then cover the pan with a lid and remove from the heat. Leave it to stand for 10 minutes then remove the chicken and leave to cool slightly. To check that it's cooked, slice into the thickest part and make sure there's no pink meat.