

# Brown Rice Paradise

(serves 2)

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## Ingredients

400g or 2 Chinese bowls cooked brown rice  
 200g lean chicken breast, sliced & seasoned with some light soy sauce & pepper  
 20g black fungus, soaked & drained  
 40g fresh Shitake mushroom, sliced  
 150g bean sprouts  
 250g chye sim  
 2 red capsicum deseeded & sliced  
 2 tomatoes, deseeded & sliced  
 1 egg, beaten & seasoned with sesame oil, light soy sauce & pepper  
 4 tablespoons black vinegar  
 2 teaspoons oyster sauce  
 2 teaspoons corn oil  
 Fresh garlic 1 clove peeled & diced  
 Fresh ginger peeled & sliced into 4 thin strips

## Garnish

Egg, sliced  
 Spring onion, chopped finely  
 Fresh chilli, deseeded & sliced  
 Freshly ground pepper, to taste

## Method:

1. Heat pan and fry egg with oil. Dish out & allow it to cool. Cut into thin slices. Set aside for garnish.
2. Heat pan with a little oil; add garlic, ginger and stir-fry lean chicken breast together with black fungus, mushroom and vinegar. Dish out and put aside.
3. Heat pan with a little oil; add garlic. Stir-fry bean sprouts & leafy vegetable with oyster sauce.
4. Keep stir-frying. Add capsicum, tomatoes and brown rice.
5. Add ingredients from #2. Stir-fry for about 5 minutes till well mixed.
6. Serve fried brown rice with garnish.

## Nutrition Information

Energy	470 Kcal
Carbohydrate	42 g
*Carbohydrate Exchanges =	~ 3
Protein	30 g
Saturated Fat	6 g
Cholesterol	250 mg
Dietary Fibre	20 g
Sodium	630 mg

