KIKKOMAN

Egg fried rice with chicken and vegetables

Total time **15 mins** **10 mins** preparation time **5 mins** cooking time

Nutritional facts (per portion):
2,198 kJ / 525 kcal

Fat: **15 g** Protein: **29 g**
Carbohydrates: **58 g**

INGREDIENTS

2 portion(s)

3 tbsp	Kikkoman Naturally Brewed Soy Sauce
0.5 tbsp	honey
0.5 tsp	grated ginger
0.5	garlic clove, finely chopped
200 g	chicken fillet
1 tbsp	vegetable oil
0.5	carrot
0.5	red pepper
0.5	broccoli head
0.5	onion
100 g	rice
0.5 tsp	turmeric
1	egg
1 tbsp	chopped spring onion

PREPARATION

Step 1

2 tbsp Kikkoman Naturally Brewed Soy Sauce - **0.5 tbsp** honey - **0.5 tsp** grated ginger - **0.5** garlic clove, finely chopped - **200 g** chicken fillet - **1 tbsp** vegetable oil - **0.5** carrot - **0.5** red pepper - **0.5** broccoli head - **0.5** onion

Pour the Kikkoman Soy Sauce into a bowl, add the honey, chopped garlic and grated ginger. Mix well. Cut the chicken into cubes and toss it in the marinade. Sauté the chicken fillet in the vegetable oil for 3 minutes, then transfer it to a bowl. Slice the onion into cubes, carrot into matchsticks, the red pepper into strips, and divide the broccoli into florets. In the same pan, sauté the vegetables.

Step 2

100 g Cooked rice - **0.5 tsp** turmeric - **1** egg - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce - **1 tbsp** chopped spring onion

Cook the rice according to the instructions on the packet. Add the rice, chicken, and turmeric to the pan and stir-fry until the rice is heated through. Crack in the egg and stir until it sets. Drizzle with the Kikkoman Soy Sauce and sprinkle with the chopped spring onion.