

All About ... Chicken Rice Cooker Oyako-don

Serves: 4 pax



INGREDIENTS	NUTRITIONAL INFORMATION (per serving)	
<ul style="list-style-type: none"> • 1¼ cup mixed rice, uncooked (≥20% brown rice) • 200g deboned chicken thigh, skinless & diced • Chicken marinade • 1 cup frozen mixed vegetables • 1 medium onion, sliced • 4 shiitake mushrooms, soaked and sliced (keep mushroom stock) • 3 large eggs <p><u>Chicken marinade</u></p> <ul style="list-style-type: none"> • 1½ tbsp soy sauce (lower in sodium) • 1½ tbsp rice vinegar • ¾ tsp sugar <p><u>For garnishing</u></p> <ul style="list-style-type: none"> • Spring onions 	Energy (kcal)	408
	Carbohydrate (g)	58
	Protein (g)	22
	Fat (g)	7
	Saturated Fat (g)	1.9
	Sodium (mg)	379

Methods

1. Marinate the chicken with 1½ tbsp soy sauce and 1½ tbsp mirin. Leave in fridge for 30 minutes.
2. Rinse the rice and add 1¾ cup of water. Stir in frozen mixed vegetables and mushrooms.
3. Layer half of the sliced onions on top of the rice, followed by the chicken, then the remainder of the onions. Press the “Cook” button on the rice cooker.
4. Once cooked, lightly whisk the eggs and pour over chicken & onions in an even layer.
5. Continue to leave it in the rice cooker while on “Keep Warm” setting for another 5 minutes.
6. Garnish with spring onions and serve hot.

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