

## All About ...

### **Xiao Bai Cai Chicken Fried Rice** by Chef Simon

Serves: 4 pax



INGREDIENTS	NUTRITIONAL INFORMATION (per serving)	
<ul style="list-style-type: none"> <li>• 150g chicken, skinless, boneless, cubed</li> <li>• 50g carrot, finely chopped</li> <li>• 1 ½ tbsp oil</li> <li>• 3 eggs</li> <li>• 600g cooked brown rice</li> <li>• 150g xiao bai cai, chopped</li> <li>• 1 ½ tsp chicken powder</li> <li>• 100g instant chestnuts, roughly chopped</li> </ul>	Energy (kcal)	448
	Carbohydrate (g)	61
	Protein (g)	21
	Fat (g)	12
	• Saturated Fat (g)	3
	• Polyunsaturated Fat (g)	3
	• Monounsaturated Fat (g)	5
	Cholesterol (mg)	183
	Dietary Fibre (g)	6
	Sodium (mg)	110
	Potassium (mg)	594
	Phosphate (mg)	435

#### Methods

1. Blanch chicken cubes and carrot till cooked. Set side.
2. Heat wok with oil and fry eggs until fragrant. Add in rice, xiao bai cai and continue frying for 5 minutes.
3. Season with chicken powder and add in chopped chestnuts.
4. Continue to fry till all ingredients are well mixed and cooked. Serve hot.

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