
 Preparation: 20 minutes
Cooking: 20 minutes

 No. of serves: 3

INGREDIENTS

100g skinless chicken breast, sliced

3 teaspoons canola oil / cooking oil

4 cloves garlic, roughly chopped

1 whole red onion, diced

¼ bowl carrot, diced

¾ bowl fresh pineapple, sliced

½ bowl red capsicum, diced

2 bowls cooked white rice
(preferably refrigerated overnight)

2 eggs, lightly whisked

½ bowl spring onions, chopped

9 unsalted cashew nuts, roasted

Tan-Thai-lising Fragrant Pineapple Fried Rice



Marinade:

1 ½ teaspoons yellow curry powder

½ teaspoon black pepper powder

1 tablespoon reduced salt fish sauce

2 tablespoons reduced salt soy sauce

1 tablespoon lime juice

PREPARATION

1. Mix the marinade ingredients well. In a bowl, use half of the marinade mixture to marinate the chicken. Cover and marinate for at least 1 hour in the refrigerator.
2. In a frying pan, add 2 teaspoons of oil and fry the garlic, onion and carrot over medium heat until fragrant.
3. Stir fry the marinated chicken with pineapple and capsicum until cooked. Set aside.
4. Add in 1 teaspoon of oil to the pan, stir fry the rice and the remaining of the marinade mixture. Scramble the egg in the centre of the rice.
5. Add chicken and vegetables back into the pan. Stir well, and let it cook for 1-2 more minutes. Stir in spring onions and cashew nuts.
6. Serve warm with a side of lime wedges and garnish with dried chili flakes if you like a little spice.

Dietitian's Tips

- Use variety of fresh or dried herbs, spices, or even fruits juices and vinegar, to enhance the flavours in our dishes. For instance, rosemary, thyme, paprika, cloves, star anise, cardamon, the zest and juice of lemon and lime, rice vinegar, and many more.
- Select fresh foods, such as lean meat, fresh vegetables and fruits, instead of preserved foods, to reduce salt intake.

Nutritional analysis (1 serve: 1 rice bowl)	
Energy	423Kcal
Carbohydrates	58g
Dietary Fibre	5g
Protein	19g
Fat	12g
Sodium	880mg