

PREPARATION FOR PRACTICAL

Hygiene – Aprons, Hair, Hands, Surfaces

Equipment – Large frying pan, saucepan and lid, colander, measuring jug, wooden spoon, paring knife, brown chopping board, teaspoon, tablespoon, fork, slotted spatula, garlic crusher, red chopping board

Ingredients

- 60g brown basmati rice
- 1 chicken breast, cut into bite-sized chunks
- 1 tsp olive oil
- ½ brown onion, diced
- ½ red pepper, deseeded and diced
- ¼ orange pepper, deseeded and diced
- ¼ tsp sweet smoked paprika
- ¼ tsp ground cumin
- ¼ tsp ground coriander
- ¼ tsp dried oregano
- ½ lime, juice only
- 1 tbsp fresh coriander, chopped
- sea salt and freshly ground black pepper



Fajita chicken fried rice

This stir-fry combines gentle spicy fajita flavours with fried rice – to make a comforting dish



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Method

- Prepare ingredients – chicken, onion, pepper, fresh coriander
- Cook the rice in a pan of boiling water until just tender. Drain well and set aside to cool.

1. Place olive oil in a large wok or frying pan, add chicken and season with salt and pepper.
2. Fry the chicken until it is browned and cooked through. transfer the chicken to a plate and set aside.
3. Add the onion and peppers to the frying pan, season with salt and cook until the vegetables are just tender and starting to colour.
4. Mix in the spices and oregano and fry for 1 minute.
5. Add the rice, return the chicken to the frying pan and stir-fry until heated through.
6. Turn off heat and add lime juice and fresh coriander, stir through and serve.