

Olive Fried Brown Rice

© Wai Chung Tang

by **Derrick Ong**
Nutrition Consultant, Eat Right

Serves 6

Ingredients

80g pitted black/green olives, chopped
2 tbsp 100% olive oil
3 big cloves garlic, minced
2 skinless chicken breast, diced
3 regular bowls of cooked brown rice, preferably left overnight in the refrigerator
1 tsp sugar
A pinch of white pepper
3 tsp of reduced salt soy sauce
½ tsp toasted white sesame seeds
1-2 tbsp minced Chinese coriander as garnish

Method

1. Heat oil in non-stick wok.
2. Add olives and garlic. Stir fry over high heat till garlic is lightly golden. Add chicken and stir till cooked.
3. Add rice. Stir fry till heated through, then let rice fry without stirring so that it gets slightly crusty. Sprinkle with sugar and stir. Turn off heat.
4. Add Chinese coriander if using and stir. Plate and sprinkle with white sesame seeds if using. Serve.

Nutrition Information (Per Serving)

Energy	386 kcal	Sodium	280 mg
Protein	24.7 g	Carbohydrate	42 g
Total Fat	13.1 g	*Carbohydrate exchange	3 exchanges
Saturated Fat	2.8 g	Dietary fibre	2.3 g