



Whole Tomato Rice with Chicken and Mushroom

serves 4

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INGREDIENTS

Uncooked brown rice	1.5 cups, washed
Water	1.5 cups
Tomato	1 whole
Chicken thigh/breast	350g
remove skin and cut into cubes (marinate with 1 tsp light soy sauce)	
Button mushroom	200g, sliced or cubed
Broccoli	150g, cut into florets
Onion	half, chopped
Garlic	3 cloves, minced
Olive oil	3 teaspoons
Salt	To taste
Pepper	To taste

METHOD OF PREPARATION

1. Place washed rice in rice cooker pot. Score the bottom of a tomato and place it in the middle of the rice.
2. Arrange the chicken and broccoli on the rice.
3. Heat the oil in a pan and add onion and garlic. Sauté for one minute. Add the sliced mushroom and cook this for about 2 to 3 minutes.
4. Ladle this over the chicken, tomato and rice. Add water, salt and pepper.
5. Cook until the rice is done.
6. When the rice is done, mash the tomato and stir to mix.

NUTRITION INFORMATION per serving

Energy	420kcal
Protein	25g
Carbohydrate	58g
Total Fat	9g
Saturated Fat	2g
Cholesterol	82mg
Dietary fibre	3.4g
Sodium	340mg
Carbohydrate exchange:	4 exchanges