Chicken and Corn Fried Rice

Ingredients

- tbsp Oil
- tbsp Ginger and garlic paste
- tbsp Ginger Paste
- g Chicken deep fried
- tbsp Pepper
- tbsp Salt, table
- Medium Egg
- g Onion
- g Spring Onions
- g White Rice
- g Young corn
- cube MAGGI Chicken Seasoning Cube

Instructions

1. Place a pan on a high heat stove and pour 3 tbsp of oil
2. Sauté the chopped garlic, ginger and onion
3. Add 100g of diced chicken to this
4. Add 1 tbsp of salt and pepper and let to marinate
5. Separate a side of the pan and add one egg
6. Scramble this together with the marinated chicken
7. Add the cooked rice and mix all together
8. Add 30g of corn and mix well
9. Add 1 Maggi chicken seasoning cube and continue mixing
10. Add 20g spring onion whilst mixing
11. Serve onto a plate and enjoy while warm!

15 Minutes

2 Portion

Nutrition

Carbohydrates	67.52 g
Energy	431.19 kcal
Fats	9.74 g
Fiber	2.86 g
Protein	21.49 g
Sodium	203.3 mg
Sugars	1.51 g