



## Fish and Chips Fried Rice

### Ingredients

- 250 g Fish
- 1 tsp Salt
- 1 tbsp Pepper
- 1 Mediums Egg
- 100 g Corn flour
- 150 g Potato chips
- 3 tbsp Oil
- 1 tsp Garlic
- 50 g Onion
- 1/2 1/2 tsp Pepper
- 500 g Cooked Rice
- 1 tsp Salt
- 1 cube MAGGI Chicken Seasoning Cube
- 20 g Spring Onions

### Instructions

1. Prepare the fish batter by seasoning 250g diced thalapath fish with 1 tsp salt, pepper, 1 egg and 100g corn flour
2. Place a pan on a high heat stove and fry 150g potato chips till golden brown and then the battered fish.
3. Place another pan on a high heat stove and pour 3 tbsp of oil.
4. Sauté 1 tsp chopped garlic and 50g diced onion
5. Scramble 1 egg into this and add ½ tsp pepper
6. Mix into this 500g of steamed rice along with the fried fish and chips
7. Season with 1 Maggi Chicken Seasoning Cube and add salt to taste
8. Garnish with spring onion and Serve while warm!

### Nutrition

Carbohydrates	73.23 g
Energy	706.33 kcal
Fats	31.37 g
Fiber	2.74 g
Protein	32.19 g
Sodium	1861.4 mg
Sugars	1.79 g

20 Minutes

3 Portions