

# BBQ Chicken Rice

## Ingredients

- g Cooked Rice
- Mediums Egg
- tsp Ginger
- tsp Garlic
- cube MAGGI Chicken Seasoning Cube
- g Leeks
- 1/4 1/4 tsp Salt
- 1/4 1/4 tsp Pepper
- 1/2 1/2 Medium Chicken
- tsp Chili powder
- 1/2 1/2 tsp Salt
- tbsp Bbq sauce
- tsp Tomato sauce
- 1/2 1/2 tsp Pepper
- tbsp Oil
- Mediums Red Bell pepper

## Instructions

1. Place a pan on high heat stove and add oil
2. Break the eggs and scramble it
3. Add 1 tsp ginger & garlic
4. Mix in the cooked Basmati rice
5. Add salt & pepper and season with 1 MAGGI Chicken Seasoning Cube & mix
6. Finally add spring onion and mix well
7. Season the chicken breast with salt, chili & pepper, BBQ Sauce & Tomato Sauce
8. Add oil to a heated pan
9. Fry the previously seasoned chicken
10. Add chopped bell peppers & sauté for a while
11. Serve with the prepared rice

## Nutrition

Carbohydrates	54.53 g
Energy	527.47 kcal
Fats	25.41 g
Fiber	1.96 g
Protein	28.89 g
Sodium	550.47 mg
Sugars	3.77 g

30 Minutes

4 Portions