



Soy sauce chicken and vegetables (rice cooker method) – serves 1

From start to finish this single serve dish takes 20 minutes. It does employ the use of a rice cooker (available for a little as \$15 at major retailers) however you can use a saucepan and colander but a rice cooker will make your rice perfect every time.

Simplicity itself, we take 2 cups of Jasmine rice, rinse and drain it well, add our water and put it on to steam. In the basket that comes with a rice cooker we have a bowl containing chicken tenders, soy sauce, ginger, spring onions, sesame oil, oyster sauce, bok choy and snow peas.

The beauty is this dish is that it genuinely cooks on its own, (when the rice finishes cooking the rice cooker turns itself off and keeps it warm) Once the rice is cooked, leave it to sit undisturbed for 5-10 minutes then simply spoon the amount of rice you want into the bowl.

Ingredients

2 ea	Chicken breast tenders (approx. 100-120g)
2 stalks	Spring onion, white part cut into 3cm pieces, green part reserved separately
3 thin slices	Fresh ginger, shredded
½ teaspoon	Sesame oil
2 teaspoons	Oyster sauce
1 tablespoon	Light Soy Sauce
1 head	Bok Choy, washed and cut into quarters lengthwise
60g	Snow peas, trimmed
2 cups	Jasmine or long grain rice
2 ½ cups	Water

Method:

- Cut the tenders into 2 or 3 pieces and place in a shallow ceramic bowl with the spring onion whites, ginger, sesame oil and sauces, mix well.
- Place the quarters of bok choy on one side of the chicken and the snow peas on the other for even cooking.
- Wash rice in running water until it runs clear, drain well and place in a rice cooker, add measured water, place the steamer basket holding your chicken on top of the rice cooker, cover with the lid and turn on.
- After approx. 15 minutes the rice cooker will sense the cooking time is complete and switch to a holding status, allow to sit for 5 – 10 minutes with the lid in place, then remove the lid and basket, fluff up the rice and spoon as much as you need into the bowl containing your perfectly cooked chicken and vegetables.



Note:

This recipe makes enough cooked rice for 2-3 meals, one serve to be eaten immediately with the chicken and vegetables, the others refrigerated and kept for dishes that need cold cooked rice, like kedgeriee or fried rice, this cooked rice can even be frozen for use at a later date!