



Serves: 4

Brown Rice Chicken Congee

Ingredients

- Brown rice 180g
- Ginger 4 slices
- Garlic 4 cloves
- Chicken thigh (or drumstick) 150g
- Sesame oil 1 tsp
- Carrots 50g
- Chinese cabbage 50g
- Shimeji mushrooms 50g
- Spring onion, chopped 2 stalks
- Water 10 cups
- Salt & pepper, to taste

Tips:

- Grilling or baking, instead of deep frying, is a great way to create tasty dishes that are healthier and lower in fat.
- Leaner cuts of meat (such as skinless chicken breast, lean pork or beef) are flavourful yet lower in fat. To enhance their healthfulness, remove the visible fat and skin before cooking.
- Vegetables and fruits are rich in vitamins, fibre and phytochemicals (beneficial plant substances such as carotenoids and flavonoids) that help lower the risk for some cancers.

Method

- Place the rice, garlic, ginger and water in a rice cooker and cook until the rice is soft.
- Add the chicken. Simmer for 30 minutes, then add the carrots and Shimeji mushrooms. Let simmer for 1 hour.
- Stir occasionally.
- Mix in the seasoning and chinese cabbage.
- Remove the chicken and shred it. Add the shredded meat (without the bones) to the porridge.
- Simmer for another 15-20 minutes. Garnish with spring onions.

Nutrition Information (Per Serving):

Energy 178kcal
Carbohydrate 24.6g
Protein 10.6g
Total fat 4.3g
Saturated fat 0.6g
Cholesterol 31mg
Dietary Fibre 1.6g
Sodium 339mg