

# Chicken stir fry with Indian spices on brown rice

**SERVES 4**

TOTAL FAT **15g** | SATURATED FAT **2g** | CARBOHYDRATE **44g**

NZ MasterChef winner Brett McGregor's dish has bundles of flavour without using high-sugar, carb-laden ready-made sauces.



## INGREDIENTS

500g skinless chicken breast, diced	2 red peppers, sliced
2 tsp + 2 tbsp vegetable oil	2 tbsp fresh ginger, finely diced
2 tsp cumin seeds	2 tsp garam masala powder
1 tsp chilli powder (or to taste)	1 cup (raw) low GI rice – basmati or brown
2 tsp turmeric	1 packet mung bean sprouts
1 onion, sliced	1 large bag of spinach

## METHOD

Wash basmati rice then boil in plenty of water, following the instructions on the pack.

In a non-stick frying pan, gently heat 2 tsp oil. Add chicken and stir fry for 5-8 minutes or until cooked through. Remove from pan and set aside.

Heat 2 tbsp oil. Add cumin seeds, chilli, turmeric, onion, pepper, and ginger. Cook until onion is soft, about 5 minutes.

Add garam masala, bean sprouts, spinach and chicken, and cook for a couple of minutes. Remove from heat.

Drain rice and serve onto plates. Top with spiced chicken and vegetables.

**Optional:** serve with a natural yoghurt dressing made of ½ cup natural unsweetened yoghurt, 2 tsp lemon juice, and 1 crushed clove garlic mixed together.



## TIPS

**Top up your vegie count** by adding thinly sliced mushrooms, bok choy, green beans, capsicum or courgettes.

The portions on your plate should be based on **quarter protein** (such as chicken in this recipe), **quarter carbohydrates/starch** (rice) and **half vegies**. The protein and carbs should be no larger than the palm of your hand.

**Choose a rainbow of different coloured fruits and vegetables each day**, for different vitamins, minerals and phytochemicals. By choosing fruits and vegetables from all the colours of the rainbow you are helping your body get what it needs for health and well-being.

**Eat at least 3-4 servings of non-starchy vegetables each day and 3-4 servings of fruit spread throughout the day.** A serving is generally half a cup or what fits into the palm of your hand.

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