



I love a good lazy meal, and a lazy meal does not mean it needs to be flat and boring! My chicken and french bean fried rice is all sorts of delicious!!



Ingredients

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| 1/2 a kg of marinated chicken breast | 1 1/2 tablespoon of mixed spices |
| 3 cups of left over rice | 1 tablespoon of coriander spice |
| 1 cup of dania stems | 1/2 a tablespoon of cumin |
| 1 red onion finely chopped | 1/2 a teaspoon of black pepper |
| 1 tablespoon of freshly minced ginger | 1 cup of already seared french beans |
| 5 cloves of garlic, minced | Salt to taste |
| 3 bay leaves | Vegetable oil for cooking |
| 1 tablespoon of soy sauce | |

Method

In your sufuria, add the red onion, dania stems, garlic, ginger and bay leaves. Let this simmer for about 5 minutes or until fragrant. Add the chicken you earlier on marinated, then the spices. Let this simmer for about 5-8 minutes then add your left over rice. Add the soy sauce and toss. Once coated, add the french beans and after 2 minutes, garnish and serve.



SERVE WITH: a on it's own or with some chicken gravy

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/chicken-and-french-bean-fried-rice/>

Video: <https://youtu.be/ye5fW5RqWnY>