Soy and Garlic Chicken with Fragrant Jasmine Rice– serves 4

Ingredients (15)

- 1 tbsp olive oil
- 500g chicken breast fillets, quartered
- 1 large brown onion, thinly sliced
- 8 garlic cloves, finely chopped
- 1 tbsp garlic powder
- ½ tsp ground black pepper
- ½ cup (125ml) soy sauce
- ½ cup (125ml) white vinegar
- 1/3 cup (80ml) rice wine vinegar
- 1 tbsp white sugar
- 3 spring onions, thinly sliced

- **Fragrant jasmine rice**
- 1 tbsp peanut oil
- 1 tbsp grated ginger
- 1 garlic clove, grated
- 1 ½ cups (300g) Jasmine Rice, rinsed

Method

To make fragrant jasmine rice, heat the peanut oil in a large saucepan over medium heat. Add ginger and garlic and stir-fry for 1 min or until fragrant. Add the rice and stir for 1 min to coat. Add 2 cups (500ml) water and cook the rice according to packet directions.

Meanwhile, heat oil in a large flameproof casserole dish over medium-high heat. Add chicken and cook, turning, for 5 mins. Add onion, garlic, garlic powder and pepper, and cook for 3 mins until the chicken is browned and the onion is soft.

Add soy sauce, white vinegar and rice wine vinegar and use a wooden spoon to stir, scraping the pan to dislodge any bits that have cooked onto the base. Reduce heat to medium-low, cover and simmer for 15 mins or until the chicken is cooked through.

Add the sugar and stir until dissolved. Simmer, uncovered, for 5 mins or until the sauce has reduced to about 1 ½ cups.

Divide jasmine rice and chicken mixture among serving plates. Top with spring onion to serve.

Nutrition Facts (per serving)

Energy 2464 kj (589cal), **Protein** 37.4g, **Total Fat** 13.0g, Saturated 2.3g, **Carbohydrate Total** 77.2g, Sugars 5.2g, **Sodium** 1.9g, **Cholesterol** 0.1g

Recipe and photo courtesy of Taste.