

Healthy Lunch Box recipe

Fried rice muffins



Ingredients

- 1 cup jasmine rice, cooked and cooled
- 100g cooked chicken, shredded
- ¼ cup frozen peas
- ¼ cup frozen corn
- 1 small red capsicum, finely chopped
- 2 spring onions, thinly sliced
- 2 garlic cloves, crushed
- 2 eggs, lightly beaten
- 2 tbsp reduced-salt soy sauce
- ¼ cup wholemeal flour
- Olive oil spray

Method

Preheat oven to 200°C. Lightly spray a 12 cup muffin tray with olive oil.

Add chicken, peas, corn, capsicum, spring onion, garlic, egg, soy sauce and flour to the rice and stir to combine. Spoon mixture evenly into the muffin tray. Lightly press with the back of spoon and spray with a little more oil.

Bake for 20 to 25 minutes or until golden and just firm to touch. Stand for 10 minutes then carefully remove.

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