



Skinless Chicken Cabanossi

Mario's Cabanossi Fried Rice

Serves 6-8

Preparation: 15 mins

Cooking Time: 15 mins

Ingredients:

200g Mario's Skinless Chicken Cabanossi, diced

2 cups Basmati Rice

1 carrot, diced

1 zucchini, diced

1 yellow capsicum, diced

1 red capsicum, diced

1 cup of frozen peas & corn

1 small brown onion, or 6 shallots, diced

2 tbsls sesame oil (optional, can use oil of choice)

Soy sauce to taste

Method:

1. Cook rice as per instructions.
2. Heat oil in wok and add all ingredients and cook until tender.
3. Add cooked rice and stir to combine.
4. Stir through the soy sauce (to taste)
5. Serve in Chinese bowls

★ **Hint:** If you don't have fresh vegetables you can use frozen.

Don't forget the kids love this cold for school lunch!!

*Reduced Fat compared to other products with typical fat levels

Mario's
Smallgoods

- ✓ Reduced Fat*
- ✓ No Added MSG
- ✓ Good Source of Protein

