



## BBQ Java Rice Recipe

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Preparation Time	15
Cooking Time	19
Serving Size	5

### Ingredients:

- 500 g chicken, thigh fillet
- 1 tsp salt
- 1 tsp pepper, black

### SAUCE

- 1 cup DEL MONTE Sweet Blend Ketchup (320g)
- 3 Tbsp worcestershire sauce
- 1/4 cup sugar, brown
- 1 Tbsp calamansi juice

- 2 Tbsp oil
- 4 cup rice, cooked
- 1 tsp salt
- 1/2 tsp pepper, black

### Preparation:

1. Season chicken with salt and pepper then grill until cooked. Cut into strips then set aside.
2. For the sauce, mix all ingredients together. Set aside.
3. In a wok, sauté the rice in oil. Add the sauce (leave 1/4 cup for topping) then season with salt and pepper. Top with remaining sauce.

### Chef's Tip

It is best to use day-old rice which is drier than freshly cooked rice. Day-old rice will absorb more flavor and will not be sticky or soggy.

### Lusog Notes

This tasty rice bowl is rich in protein which is necessary for growth and development. It is also a source of niacin that aids in breaking down carbohydrates, protein and fats.

### Cooking Skills Needed

- Grilling
- Slicing

### Cooking Tools

- Wok
  - Chopping Board
  - Grill Pan
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