



BBQ Java Rice Recipe

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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