

# Upside Rice and Chicken Chop Suey with Fried Egg

Serves: 4 Prep time: 15 mins Cooking time: 15 mins

## Ingredients

### Rice:

2 cups basmati rice

3 cups water

### Chicken:

2 chicken breasts, cut into strips

1 tbsp vegetable oil

### Marinade

2 tsp ginger, peeled cut into batons

½ tsp salt

½ tsp ground pepper

1tbs Shaoxing cooking wine

2 tsp sesame oil

2 tbsp light soy sauce

1 tbsp cornflour

1 tbsp water

### Cooking sauce

2 tbsp light soy sauce

1 tsp dark soy sauce

1 tbsp oyster sauce

¼ tsp salt

Pinch ground pepper

2 tbs water

### Stir-fry

1 onion, peeled, sliced

4 garlic cloves, sliced

2 carrots, peeled and sliced

1 red capsicum

1 green capsicum

2 cups broccoli florets

1 tbsp cornstarch

4 eggs

3 tbsp vegetable oil

### To serve

2 spring onions sliced

Chunky chilli oil

### Method

Cook rice according to packet directions.

In a small bowl, add all of the chicken marinade ingredients. In a small bowl add 1tbs water and cornflour and set aside to marinate.

In a large wok on high heat, add 1 tablespoon of oil, add the chicken in a single layer. Cook until lightly browned, about 4-5 minutes, stirring as needed.

Remove the chicken to a plate.

In the same wok, add 1 tablespoon of oil along with the onion stir-fry for a minute until aromatic. Add carrot, capsicum and broccoli and garlic. Cook the vegetables until tender, about 3-4 minutes.

Return the cooked chicken to the pan and stir through, add the sauce and stir-fry for a few minutes until the sauce thickens.

In a clean frying pan over medium heat, add the oil and cook four eggs, flip them over to seal the yolk. Remove from frying pan and set aside, covered to keep warm.

Begin to plate up the upside chicken chop suey - take 4 medium bowls, begin by adding the eggs first- yolk side down, then add the chicken stir-fry, finishing off with cooked rice. Pat the rice down to set the bowl. Place a dinner plate over the bowl and flip it over, carefully pull up the bowl to reveal a perfectly layered serving.

Top with spring onion and chilli oil.