MALAY BREAKFAST

HEALTHY CHICKEN PORRIDGE with VEGETABLES

BY; RANIA ALEESYA SATERIA, 10 YEARS OLD (BRUNEI DARUSSALAM)

INGREDIENTS

- 1 cup of rice – low GI choice (local Bruneian *Bario* or *Salleh* Rice)
- 1/4 chicken (minced or cubed)

Blend together

- ½ red onion – cut into smaller pieces
- ½ brown onion = cut into smaller pieces
- 1 glove of garlic
- 2 cups of minced or cubed carrot
- 2 cups of broccolis
- a pinch of salt
- 1/4 Ginger (cut into smaller pieces)
- Some mixed spices
- 1 clove of garlic
- **Garnish:**

Fry 1 egg and shred as garnish

- As side

Local Banana

STEP 1

Clean the rice

Clean and cut the vegetables/ ginger/onions/ chicken into cube shapes

STEP 2

Blend together

½ red onion

½ brown onion

1 clove of garlic

STEP 3

Load all ingredients into a cooking pot – top up with lots of water to make into porridge. Add a pinch of salt.

Dipersilakan Makan (*Bon Apetit*!)

Serve with shred of fried eggs..

Enjoy!