

Japanese Home-Style Chicken and Rice

チキンライス

● Ingredients (servings 2)

1 piece Chicken Thigh (about 0.2 lb.)

1 small Onion

1 Carrot

A half Green Bell Pepper

1 Tbsp. Vegetable Oil

¼ tsp. Salt and Pepper

½ cup Gluten-Free Ketchup

2 cups Steamed Rice

● Cut

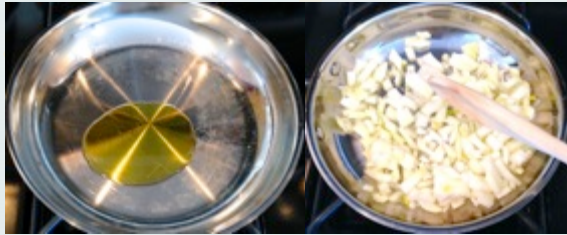


Mince 1 peeled onion, a half of a seeded green bell pepper and 1 peeled carrot.



Cut a chicken thigh into bite-size pieces.

● Cook



Heat 1 Tbsp. of vegetable oil in a pan and cook the onion for 5 minutes over medium heat.



Add the chicken and cook for 8 minutes.



When the chicken turns white, add the carrot and the green bell pepper, and cook for 5 minutes.



Season with $\frac{1}{4}$ tsp. of salt and pepper.

Add 2 cups of steamed rice and $\frac{1}{2}$ cup of ketchup to the pan.

Stir and cook over medium heat until the ketchup covers everything.

