Brown Rice
(cooked by the chef-trainer in a demonstration)

Ingredients

- 2 cups (500 ml) water
- ½ tsp (2.5 ml) salt
- 1 tsp (5 ml) vegetable oil
- 1 cup (250 ml or 200 g) brown rice, rinsed and drained

Preparation

1 Make sure you cook enough for the whole class.
2 Preheat the oven to 350°F.
3 In a large saucepan, bring water, salt and oil to a boil.
4 Add rice and cover.
5 Cook in the oven for 40 minutes.

YOU WILL NEED:

- cutting boards
- knives
- set of measuring spoons
- set of measuring cups
- can opener
- 1 large saucepan
- 1 medium saucepan
- wooden spoon
- kitchen tongs

CHEF'S TIP: To get crunchy green beans, serve them immediately or plunge them into a bowl of iced water, then reheat at the last minute.

DIETITIAN'S TIP: You can add variety by replacing the chicken with tofu or legumes.

Chicken Curry

Ingredients

CURRY

- 1 tbsp (15 ml) vegetable oil
- 8 boneless chicken thighs, cut into 4 pieces
- 1 small chopped onion
- 1 red pepper, diced
- 1 zucchini in half moons
- 1 tbsp (15 ml) ground curry
- 1 tbsp (15 ml) ginger, chopped or grated
- 1 can (398 ml) light coconut milk
- ¼ cup (60 ml) fresh coriander, coarsely chopped
- Salt and pepper, to taste

SIDE DISH

- 2 cups (500 ml) green beans, trimmed
- Brown rice (cooked by the chef-trainer)

Preparation

CURRY

1   Heat a large saucepan over medium-high heat and add oil.
2   Sear the chicken on each side until browned. Season with salt and pepper.
3   Remove the chicken from the pan and set aside on a plate. Repeat step 2 with the rest of the chicken.
4   In the same saucepan, brown the onion, pepper and zucchini for a few minutes. Add oil if necessary.
5   Add chicken pieces, curry, ginger and coconut milk.
6   Cook over low heat for about 15 minutes.
7   Add coriander and adjust seasoning.

SIDE DISH

1   Fill a medium saucepan with salted water and bring to a boil.
2   Add green beans, cook for 4 minutes or until tender, but still crunchy and green. Drain and set aside.
3   Serve the curry chicken with green beans and brown rice.