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### Ingredients

- ½ cup dry uncooked brown rice
- ¾ cup water
- 1 cup carrots sliced very thin
- 1 cup snow peas
- 4 tablespoons teriyaki sauce
- 1 teaspoon corn starch
- ½ cup vegetable oil
- Chicken breast thinly sliced
- 2 scallions diced (whites and greens separate)
- Small pinch red pepper flakes
- 3 medium mushrooms sliced
- Mixed sweet bell peppers (red, yellow and orange) cut into strips

### Preparation Method

1. Light your **Envirofit SuperSaver Charcoal Jiko** using little charcoal.
2. Ensuring the **SuperSaver** air regulator is completely open to achieve high heat, bring water and rice to a boil in a medium pan. Cover with tight fitting lid, lower heat to a simmer and cook about 45 to 50 minutes or until all water is absorbed. Fluff and let it rest for 10 minutes.
3. Place a pan of water with a steaming basket over high heat and steam carrots and snow peas covered for one minute each. Set aside.
4. Stir corn starch into teriyaki sauce and set aside.
5. In a heavy bottomed pan, over very high heat (by opening the **SuperSaver** air regulator) place 5 teaspoons of oil and let it get smoking hot. Add the chicken breast slices simultaneously and brown on both sides (about one minute) and remove to a bowl.
6. Let pan get smoking hot again, add 1/3 teaspoon of oil and place chopped white part of scallion. Stir once and add red pepper flakes, mushrooms and peppers. Toss and cook for about 3 to 4 minutes until slightly cooked but still a bit crunchy. Add steamed carrots, snow peas and chicken breast slices. Stir, keeping heat on high. Stir teriyaki, add to pan. Remove from heat and toss a few times.
7. Serve rice and chicken teriyaki vegetables topped with chopped green scallion tops to your family and see them enjoy and want more!

