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.