

Instant Meal-On-The-Go | Curry Rice with Chicken & Cashews

By Monica

makes 2 cups



Just add boiling water for an instant, nutritious meal that's perfect for backpacking, camping, dorms, office, and travel.

Ingredients

- 2/3 cup instant brown rice
- 1 teaspoon chia seeds or ground flaxseed (optional)
- 1/4 cup freeze dried chopped chicken
- 1/4 cup chopped roasted cashews
- 1/4 cup freeze dried mixed vegetables
- 1 tablespoon freeze dried onions (or 1 teaspoon dried onion flakes)
- 1-1/2 teaspoons powdered chicken flavor base (or boullion granules)
- 1-1/2 teaspoons curry powder
- 1/4 teaspoon garlic powder
- 1/8 teaspoon ground black pepper
- 1/4 teaspoon salt (or more to taste)
- 1-1/2 cups water

Directions

TO ASSEMBLE: Add all ingredients except the water to a quart freezer Ziploc bag. Seal bag and store until ready to use.

TO COOK IN BAG: Bring water to a boil. With opened bag resting on plate or bowl, pour in boiling water. Seal bag and let soak for 9 minutes, turning bag upside down after 3-4 minutes to redistribute & mix ingredients. Open bag and eat directly from bag, if desired. Or, transfer to a bowl or mug for eating.

TO COOK IN MUG OR BOWL: Transfer dry ingredients to a microwave-safe mug or bowl; add water and microwave until water boils. Cover and let rest until ingredients have softened (4-5 minutes). Or, boil the water separately and pour it into the mug or bowl with the instant dry ingredients; stir, cover, and let rest for 9 or 10 minutes.

Nutritional Information (per 1 cup serving): 378 calories, 10.9g fat, 377mg sodium, 386mg potassium, 58.2g carbs, 4.9g fiber, 1.2g sugars, 13.4g protein. Notable nutrients: vitamin C, calcium, iron.

Weight for full recipe in plastic bag: 6.0 oz.

See the recipe online at www.TheYummyLife.com/recipes/366

