



My Singapore Food Journal



12/02/2024

S M T W T F S

* Meal of the day:

Dinner

* Location:

Homecooked food

* Occasion/Scenario:

Quick and healthy dinner dish

Name of the dish

Chicken Rice with salad



* Description of dish



Marinated chicken cooked in air fryer, eaten with rice with a side of red and yellow capsicum



Makan & Reflect



Whenever a quick dinner is to be cooked over the weekday after long working hours, chicken and rice are a go-to dish. This is a easy to make dinner with low carbs and high protein with fiber. Easy to prepare and loved by all family members.

My wife, who was a vegetarian before coming to Singapore has also started liking this dish due to its neutral flavours.

My son likes the side of salad specially the colourful capsicums.



Get creative!

