

Ingredients

| Quantity: | Measure:   | Ingredients:                         | Description:   |
|-----------|------------|--------------------------------------|----------------|
| 1         | Teaspoon   | Olive Oil                            |                |
| 500       | Grammes    | Chicken Breasts                      | deboned, and h |
| 1         | Large      | Capsicums - Green                    |                |
| 250       | Grammes    | Worcestershire Sauce                 |                |
| 1/2       | Teacup     | Water                                |                |
| 2         | Teacup     | Rice, fine grain. (Jirasal or Delhi) | and hot.       |
| 2         | Teaspoon   | Garam-Masala                         |                |
| 1         | Salt-Spoon | Salt                                 | for taste      |

Method

Heat oil in large nonstick skillet over medium-high heat. Add chicken and bell pepper; cook, stirring frequently, for 5 minutes or until chicken is lightly browned.

Add Worcestershire Sauce and water to skillet; bring to a boil. Reduce heat to low; cover. Cook for 5 minutes or until chicken is no longer pink. Stir in cooked rice.