

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.