

Easy chicken nasi goreng

Ingredients

- 250g packet microwave brown rice
- 3 teaspoons reduced salt soy sauce
- 2 teaspoons no added salt tomato paste
- 2 teaspoons Thai chilli jam
- 2 teaspoons sunflower oil
- 150g chicken breast mince
- 1 small clove garlic, crushed
- 1 teaspoon finely grated fresh ginger
- 200g fresh vegetable stir-fry mix
- ½ bunch bok choy, coarsely shredded
- 2 eggs
- 1 green shallot, thinly sliced
- 1 small red chilli, thinly sliced



Method

1. Heat rice in microwave oven following packet directions. Transfer to a large bowl. Set aside.
2. Combine soy sauce, tomato paste and chilli jam in a small bowl.
3. Heat half the oil in a non-stick wok over a high heat. Add chicken, garlic and ginger. Stir-fry for 2-3 minutes, breaking up mince, until it is no longer pink. Add vegetable mix and 2 tablespoons water, stir-fry for a further 2 minutes or until vegetables are just tender.
4. Add bok choy and sauce mixture. Stir-fry to combine. Remove from heat. Cover to keep warm.
5. Heat remaining oil in a medium non-stick frying pan over medium heat. Crack eggs, one at a time, into pan. Cook for about 3 minutes, or to your liking.

Serve eggs over rice. Sprinkle with shallots and chilli.

Serves 2



Narromine Shire Family Health Centre Website.

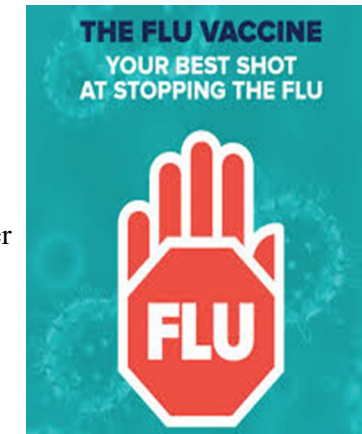
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PLEASE REMEMBER TO NOTIFY THE RECEPTION STAFF WHEN YOU ARRIVE AT THE SURGERY AND TO UPDATE PERSONAL DETAILS WHEN THEY CHANGE.

FLU VACCINATIONS

Flu vaccinations are free for the following:

- Pregnant women
- People aged 65 year and over
- Aboriginal & Torres Strait Islander people aged 6 months and over
- Children aged 6 months to less than 5 years
- People aged 6 months and over with medical conditions putting them at risk



**Please be respectful in the surgery and turn your mobile phone to silent.
DO NOT answer or make calls and
DO NOT take Photos/videos whilst in the surgery**

PATIENTS WITH RESPIRATORY LIKE ILLNESS E.G - COUGH, SORE THROAT, RUNNY NOSE, TEMPERATURE, HAYFEVER SYMPTOMS OR RASH MUST RETURN A NEGATIVE COVID TEST RESULT BEFORE ENTERING SURGERY

DOCTORS

- Dr Neil McCarthy
- Dr Niro Wickramasinghe
- Dr Allison Vincent
- Dr Vicky Owen
- Dr Kelly Bradley
- Dr Mark Tattersall
- Dr Marina Parente
- Dr Manori Rodrigo
- Dr Ni Ni Zin

PRACTICE MANAGER

Wendy Harding

RECEPTIONISTS

- Julia Elder
- Miranda Kelly
- Cathy Walsh
- Fiona Walker

PRACTICE NURSES

- Jennifer Cottee
- Lauren Dawson
- Allana Heckendorf
- Courtney Baker



HEALTH EVENTS CALENDAR FOR JUNE

Bowel Cancer Awareness Month Bowel cancer is a common diagnosis in Australia. It is potentially one of the most preventable cancers through the early detection of abnormalities from screening.

Haemochromatosis Awareness Week 1st-7th June Haemochromatosis Awareness Week raises awareness of haemochromatosis, or inherited iron overload disorder, by teaching communities more about the condition.

World Allergy Week 5th-11th June World Allergy Week raises awareness of the impact of allergies with a campaign that supports and funds research into allergies. You can participate by wearing a spot of red in your home, school or workplace.

MND Global Day 21st JUNE MND Global Day raises awareness of Motor Neurone Disease (MND), which is a progressive neurological disease.

Pneumococcal vaccinations are in high demand and low supply. The medical Centre only gets a limited supply each month and have a waiting list for them.

If you are **not eligible for a free vaccine at the Medical Centre you can ask your Doctor for a script and pay.**

Over 70 year old adults are eligible for a free vaccination as well as those over 50 that are aboriginal or Torres Straight Islander adults.

Vaping - The Australian government will ban the importation of nonprescription vaping products – including those that do not contain nicotine.

Vapes are not water. The main ingredient in vapes is propylene glycol, vegetable glycerine or glycerol. Vapes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray. They just don't put it on the pack.

Vapes come in a number of flavors such as blueberry or bubble-gum that make them appealing. Many vapes also contain nicotine, the same highly addictive substance found in tobacco cigarettes.

Testing has shown that vapes labelled 'nicotine-free' can have high nicotine levels. People can think they are using nicotine-free vapes and can unknowingly quickly develop a nicotine addiction.

Quitline - 13 78 48

Aboriginal Quitline 13 78 48

MEDICAL APPS for your smartphone



My Quit buddy app offers those wishing to kick the smoking habit and reach their goal.



Medicine wise is an Australian app to help you manage medicine and health information. Featuring valuable information including the ability to create medication lists and schedule reminders.



Express Plus Medicare app makes it easier for you to do your Medicare business online. You can access your Medicare card, Immunisation history, donate organs or check your safety net.



My health Gov app lets you quickly and easily see your key health information, including immunisations and test results, discharge summaries, medicine information and more. The app is powered by My health record, an Australian Government initiative.

My Aged Care



Visit the My Aged Care website to find information about how to access Australian Government-funded aged care services. You can apply for an assessment online and search for local aged care providers that meet your needs. You can also call Monday to Friday, 8 am to 8 pm, and Saturday, 10 am to 2 pm. Phone 1800 200 422

Home Care packages

The Australian Government subsidises organisations to provide home care services to eligible older people.

Commonwealth Home Support Package

The CHSP provides entry-level support for older people who need some help to stay at home.

Aged Care Assessment program

The Australian Government funds Regional Assessment Services (RAS) and Aged Care Assessment Teams (ACAT) to provide aged care assessment services.

SERVICES WE PROVIDE

General Consultations	Minor Surgery & Wound Repair	Childhood Immunisations
Cervical Screening & Breast Checks	Pregnancy Tests & Antenatal Care	Family Planning
Skin Checks	Moles & Skin Cancer Removal	Weight Control
Diabetes Management	Insurance/Drivers Licence Medicals	Pre Employment Medical
Travel Medicine/Vaccination	Mental Health Plans	ATSI Health Assessments
40-49 Year Old Health Assessments	75+ Year Old Health Assessments	Medication Reviews
Chronic Disease Management		