



Fried Rice

Ingredients

Handful of cooked protein of choice
(chicken/bacon/tofu)
Cooked and cooled long grain rice
(225-300g per person)
Handful of frozen peas / sweetcorn
/ vegetable of choice
1 egg
1 tbsp vegetable/rapeseed oil
1tsp garlic powder and onion
powder
1tbsp light soy sauce, dark soy sauce
and sesame oil

Directions

- 1.Add the oil into a wok/frying pan and heat on a medium heat
- 2.Add the rice, warm through and coat in oil
- 3.Push the rice to the side of the wok/pan and crack in the egg. Scramble the egg and combine with the rice
- 4.Add the frozen vegetables and cook mixing through the rice
- 5.Add the protein and mix until warmed
- 6.Add the light and dark soy sauce stirring until coloured
- 7.Mix in the garlic and onion powder
- 8.Pour over the sesame oil
- 9.Serve and enjoy!

TIPS

You can add anything you like to this dish or take out what you don't want. Don't like egg, leave that step out. Want a little kick of flavour? Add some smoked paprika when you add the garlic and onion powders.

This recipe is an excellent anything goes recipe that can cater for all likes and dislikes.