

Fried Rice

Ingredients:

4 Eggs
2 -3 tbs Oil
3 Garlic Cloves, peeled and finely chopped
Good pinch of salt
1/4 Cauliflower, chopped into bite-sized pieces (if available) as well as 2 cups of finely chopped fresh veg - Carrot, Peas, Snow Peas, Corn, Spinach etc.
1 Onion finely chopped
1 cup chopped Spring Onion
3 cups cooked Rice – White or Brown Rice, firmly packed
Optional - 180gm chopped Bacon or Ham
1 handful of Coriander leaves, finely chopped

Sauce:

1 tbs Light Soy Sauce
1 tbs Chinese Rice Wine
1 tbs Oyster Sauce
Pepper to taste

What to do:

Prepare all of the ingredients based on the instructions in the ingredients list. Whisk the eggs in the bowl. Heat a wok or large pan and add 1 tablespoon of oil. Pour the egg mix into the wok and cook on a high heat until the egg is cooked through and looks like a big omelette. Remove the omelette from the pan, place it on the chopping board, slice up and set aside. Reheat the pan over low-medium heat and add 1 tablespoon of the oil, then add the garlic, onion and bacon (if using – or if using Ham, add it at the end of cooking) cook until beginning to colour then fry the rest of the vegetables until tender. Add the rice, turn down the heat to low then mix and toss frying gently.

Season with the sauce, add pepper and continue to fry until the sauce is absorbed. Stir through eggs and chopped spring onion (and Ham if using) Serve sprinkled with coriander.