



EGG FRIED RICE

INGREDIENTS

1 packet wholemeal microwavable rice

1 teaspoon vegetable oil

3 spring onions - peeled and sliced thinly

3 dessertspoons peas or sweetcorn - drained

1 egg

1 tablespoon light **soy sauce**

½ teaspoon mixed herbs

black pepper

EQUIPMENT

chopping board, sharp knife

wok or large 'non stick' frying pan,

dessertspoon, wooden spoon, fork

SERVES: 4

PREP TIME: 10 minutes

ALLERGENS: eggs, soya

COOK TIME: 10 minutes

METHOD

- 1** Cook the rice in the microwave, following the instructions on the packet.
- 2** Heat the oil in the wok or frying pan until hot, add the spring onion and peas and stir-fry over a high heat for 1 minute. Then add the rice, mix well and cook for a further minute.
- 3** Make a well in the centre of the rice and pour in the egg. When the bottom starts to set, scramble the eggs with a fork, then stir through the rice.
- 4** Finally add the soy sauce, herbs and a little black pepper. Mix everything together and serve immediately on its own or with Sweet and Sour Chicken.