

Fried Rice

Serves: 1

Prep time: 10 min + drying time

Cooking time: 10 minutes



Ingredients:

- ½ cup of dried cooked rice, or
(½ X 1 cup container of SunRice Quick Cups)
- 1 (green) shallot, sliced
- ¼ carrot julienned
- ½ small can drained corn kernels
- 1 tablespoon red capsicum diced
- 1 tablespoon frozen peas
- 1 egg,
- ½ teaspoon sesame oil
- 1 heaped tablespoon of diced ham
- ***Optional* 2-3 cooked prawns chopped**
- 1 tablespoon soy sauce
- ¼ teaspoon grated ginger
- ½ tablespoon of oyster sauce

Method:

- If cooking rice yourself, dry cooked rice by spreading out flat, cover with cloth and leave for a few hours to dry.
- I used half of a SunRice cup container of microwavable cooked rice that is pre cooked, dried and ready to heat. (90 sec. Microwavable rice will also work)
- Whisk egg and pan fry for a few minutes till cooked through, roll, slice and set aside
- Heat a deep fry pan over medium heat, add sesame oil and dried cooked rice, stir till slightly brown
- Add the vegetables, shallot, chopped ham and prawns (if using). Stir to combine.
- Add the egg
- Add soy sauce, ginger and oyster sauce, stir till vegetables and prawns are just cooked, approximately 3-5minutes

Serve as is or with my Chinese Beef with Capsicum