

SUPER-POWERED EGG FRIED RICE



MINUTES TO PREPARE
20



MINUTES TO COOK
10



SERVES
4-6

INGREDIENTS

1 onion, peeled and diced
2 carrots, peeled and diced
1 large handful frozen peas
200g ham
4 eggs
200g basmati rice, washed
400ml water
1 tbsp rapeseed oil

LET'S GET COOKING

- 1 Rinse the rice in a sieve under cold water to release the starch. Place in a saucepan, add cold water and a pinch of salt, place a lid on and bring to the boil. Cook according to the packet's instructions.
- 2 A few minutes before the end of the cooking, place the peas in a sieve over the rice and pop a lid on the top as this will steam them and save washing up. Once cooked, drain the peas and leave to one side. For the rice, drain it if there is any water left and leave it in the sieve with a lid on to let it settle while you get everything else together.
- 3 Melt the butter in a saucepan over a high heat. Pour in the eggs and scramble quickly, stirring all the time to stop them catching (note we are not making creamy eggs here – they are short, sharp and functional!). Once cooked, remove from the pan to a plate and place to the side.
- 4 Wash out the pan. Add the rapeseed oil, and fry off the onions and carrots for 4 minutes or until starting to go soft. Add the chopped ham, rice, peas and egg and give it a really good stir for a minute or so. That's all it needs otherwise the eggs will start to over-cook.
- 5 Serve into bowls and have soy sauce at the ready for those who would like it. Enjoy!

"A consistent request from my kids... Vic's infamous egg fried rice. Having spent years in the Singapore, she has developed an authentic quick-fix meal which will now be on our family's menu for life! It's a pleasure to pass it on to you..."

"A great way to use up leftover rice and create a nutritious meal in minutes."