



Soifua Maloloina Fried Rice

Method

1. Cook rice, via absorption method, according to packet. Transfer to a baking paper lined tray, cover with plastic wrap and refrigerate until cold. This can be left overnight.
2. Heat large wok and spray with oil. Add the eggs and stir with a wooden spoon for about 30 seconds or until just cooked. Remove from the wok and set aside on a plate.
3. Heat peanut oil in the wok over medium-high heat. Add the garlic, vegetables and ham to the hot wok and stir-fry for 2-3 mins to soften. Add the cold rice and stir-fry for 2 mins or until heated through. Stir in the eggs.
4. Add the soy sauce and sesame oil and continue to stir-fry for 1 minute. Transfer the rice to serving bowls and sprinkle with the sliced spring onion.

Soifua Maloloina tips:

- You can use frozen, tinned or other seasonal fresh vegetables.
- Leave out the ham and add extra vegies and some tofu for a vegetarian fried rice or add some cooked chicken breast meat and/or cooked prawns for a combination fried rice.
- Approximate Cost per Serve \$1.50

Recipe Information

Number of Serves: 6

Preparation Time: 15mins

Cooking Time: 10mins

Ingredients

2 cups rice
Olive oil spray
1 tbs peanut oil
4 eggs, lightly beaten
2 cloves garlic, crushed
2 cups mixed vegetables, diced (e.g. fresh carrot, capsicum and/or frozen peas, corn)
1 cup lean ham, diced
2 tbs salt reduced soy sauce
1 teas sesame oil
4 spring onions, sliced diagonally

