

Fried rice

Serves 4-6

Time to make: 25 minutes

Store in the fridge for 2-3 days or in the freezer for up to 3 months.

This recipe can be made with any type of cooked rice. Choose brown rice for a healthier and tasty option. Use any chopped fresh or frozen vegetables you have.

Ingredients

- 4 cups cooked brown rice
- 2 eggs
- 50-100g ham or other chopped cooked meat
- 1 teaspoon/clove garlic
- 2 spring onions
- 2 cups mixed frozen vegetables or chopped fresh vegetables
- 1 red capsicum
- 1/4 small cabbage
- 2 tablespoons soy sauce
- 1-2 teaspoons oil



Method



1. Wash and chop or grate vegetables first. Chop ham and finely chop or crush garlic.



2. Crack eggs into a small bowl and whisk lightly with a fork.



3. Heat oil in a large frying pan or wok and add whisked eggs. Cook until set and remove.



4. Add a little more oil. Add garlic, cabbage, spring onions, capsicum and frozen vegetables to frying pan. Cook until soft.



5. Add cooked rice, ham or other cooked meat and soy sauce. Stir until warmed through and mixed together.



6. Slice cooked egg into strips and add to pan. Lightly stir through to mix. Serve.