

Together We Cook


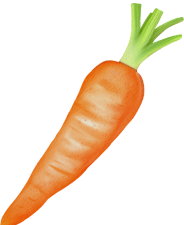


Stir-fried Rice





















Serves 2



Ingredients

	½ onion
	1 carrot
	200g broccoli
	3-4 baby sweetcorn

	50g sugar snap peas or green beans
	100g bean sprouts
	1 clove garlic
	1 cm piece fresh ginger
	150g long grain rice
	1 tablespoon (15ml) vegetable oil
	black pepper
	2 eggs (egg)
	1½ tablespoons soy sauce (soy)

1		<p>Cut the broccoli into small florets</p> <p>Peel and dice onion and carrot</p> <p>Cut babycorn and sugar snap peas into small pieces</p>
2		<p>Boil a large pan of water</p> <p>Add rice, simmer and cook 10-12 mins</p>
3		<p>Drain rice in a sieve then leave to cool</p>
4		<p>Heat 2 tablespoons oil in frying pan or wok over a medium heat</p> <p>Add onion and fry 2-3 minutes</p>
5		<p>Add broccoli, carrot, baby corn and sugar snap peas</p> <p>Stir-fry 8-10 minutes until softening</p>
6		<p>Add cooked rice, ginger and garlic</p> <p>Stir-fry 5 minutes until crisping</p>
7		<p>Crack eggs in bowl, add pepper and mix well</p>
8		<p>Pour 1 tablespoon oil into one side of pan</p> <p>Pour in eggs to oil and stir-fry</p>
		<p>Mix everything together, then serve.</p>

Serving ideas



- Sprinkle with chopped salad onions and sticky sweet chilli sauce.
- Cook some pieces of chicken in the frying pan before the onion and vegetables are added.
- Prawns (**Crustaceans**) could be added just before the eggs are added.



Variations



1. Quorn or chicken pieces could be added instead of egg.
2. Add chopped baby spinach leaves with the other vegetables.



Leftovers



- Eat all of your recipe at once or eat up leftovers without reheating.

