

EGG FRIED RICE

This is something I make from time to time when I've not had time to shop and there's not much left in the fridge.



1/4 mug rice (75g) either white or brown

1 egg

1 spring onion

1/4 tsp sugar

1/2 tsp soy sauce

1 tsp oyster sauce

1/2 tsp fish sauce

1/2 tsp Maggi seasoning

1/2 small onion – sliced

1 small clove garlic – chopped.

1/2 mugful frozen peas

1 small carrot - sliced

2 tbsp coriander or parsley

1 tsp oil

Cook the rice

Prepare the vegetables – slice the onion, carrot & spring onion, chop the herbs & garlic.

Measure the sugar, soy, oyster, Maggi & fish sauce into a small bowl and mix together.

Heat the oil in a heavy based frying pan and when almost smoking, add the onion, carrot & garlic. Fry until the onion has wilted, then move the vegetables to the side of the pan and add the egg. Stir the egg to scramble it, then add the sauces and peas. Stir fry for a few seconds to heat through, then add the rice and season to taste.

Remove from the heat and stir through the spring onion and herbs.

Pile into a dish to serve.

Per serving 506Kcal, 17.7g Protein, 9.8g Fat (2.1g saturated), 86.4g Carbs, 10.6g Sugar, 794mg salt

Hints, Tips and Variations

- ◆ *Dairy free, to make this wheat & gluten free, use gluten free soy sauce and miss out the oyster sauce. Add extra soy & fish sauce instead.*
- ◆ *Omit the oyster & fish sauce & add extra soy to make this dish vegetarian.*
- ◆ *Other vegetables that work in this dish are: celery, courgette, green beans, sugar snap peas....*