



EGG FRIED RICE & VEGGIES to serve 4

INGREDIENTS

Red Pepper	1
Frozen Baby Corn Cobs	100g
Mange Tout	100g
Frozen Peas (Defrosted)	100g
Sprouting Broccoli	100g
Garlic	2 cloves
Ginger	2 cm piece
Cooked Long Grain Rice	500g
Eggs	4
Soy Sauce	4 tbs
Spring Onion	4
Lime	1

- 1) Remove the seeds from the pepper, then slice into 1cm thick strips.
- 2) Warm a frying pan over a medium-high heat, add a tablespoon of oil, then add in the peppers, baby corn cobs and mange tout, fry until browned slightly.
- 3) Deskin the garlic, then finely slice, and finely dice the fresh ginger, add to pan and cook for 1-2 minutes.
- 4) Add the pre-cooked rice to the pan, stir well then add 100ml of water. Let the water cook off for 3-4 minutes, then check the heat of the rice.
- 5) Lower the heat to medium, add the peas then make a well in the middle of the ingredients, crack in the eggs and add soy sauce. Let the eggs cook for 1-2 minutes before gently stirring through the mixture.
- 6) Thinly slice the spring onion and sprinkle through the pan before serving. Squeeze the lime juice over at the end.