



VEGETABLE FRIED RICE

This Fried Rice is better than any restaurant that you have had! Made with peas, carrots, egg, rice and topped with spring onions, you will never have takeout again!!

 20 minutes

 40 minutes

 4 portions

INGREDIENTS

- 1/2 tablespoon of vegetable oil
- 1 tablespoon sesame oil, divided
- 2 packets (approx. 500 grams) of rice, ready-cooked, "plain", heated
- 1 small onion, chopped
- 120 grams of frozen peas and carrots, thawed
- 2 tablespoons soy sauce (more or less to taste)
- 2 large eggs, whisked
- 2 tbsp chopped spring onions (optional)

COOKING METHOD

- 1° Preheat a large wok to medium heat. Add vegetable oil, 1/2 tablespoon sesame oil. Add onion and peas and carrots and fry until tender. Slide the onion, peas and carrots to the side, and pour the beaten eggs onto the other side. Using a spatula, scramble the eggs. Once cooked, mix the eggs with the vegetable mix.
- 2° Add the rice to the veggie and egg mixture. Pour the soy sauce and 1/2 tablespoon sesame oil on top. Stir and fry the rice and veggie mixture until heated through and combined. Add chopped spring onions if desired.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (215 g)	% DRI
ENERGY	143 kcal	308 kcal	15 %
PROTEIN	5 g	10 g	21 %
CARBOHYDRATE	22 g	48 g	18 %
SUGARS	0 g	1 g	1 %
FAT	5 g	10 g	14 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	15 %
FIBER	1 g	3 g	11 %
SODIUM	352 mg	755 mg	31 %