

Egg Fried Rice

Prep: 20 min Cooking: 15 min

Serves: 2

Ingredients

- 150g/5½oz long grain rice or basmati rice
- 2 tbsp vegetable oil
- 2 large Pace Farm eggs beaten
- 1 small onion, finely chopped
- 1/2 red pepper, finely chopped
- 2 garlic cloves, crushed
- 3cm/11/4in piece fresh root ginger, peeled and grated (optional)
- 2 spring onions, finely sliced
- 50g/13/40z frozen peas, defrosted (optional)
- 1 tbsp light soy sauce
- · salt and black pepper

Method

- 1. Add the rice and 300 ml of water in a pan and bring to the boil.
- 2. Allow simmering for 10 minutes.
- 3. Drain off any excess water and leave to steam dry in the pan.
- 4. Over medium heat and the oil to a frying pan and then stir in the eggs until scrambled.
- 5. Set to the side.
- 6. Over high heat add the remaining oil to a pan and add in the peppers and onions.
- 7. Season with salt and pepper and add in garlic and ginger.
- 8. Fry for approximately two minutes.
- 9. Reduce heat and add in the onions, peas, scrambled eggs, rice and soy sauce.
- 10. Combine together and cook for a further 5 minutes.