



CHICKEN EGG FRIED RICE



INGREDIENTS

225g Chicken breast or thigh roughly chopped
500ml water*
2 tbsp (tablespoon) vegetable oil*
1 red pepper, diced
1 small carrot, grated
½ courgette, grated (optional) *
6 spring onions, finely sliced
2 garlic cloves, crushed or finely chopped

EQUIPMENT

Large saucepan (with lid), large frying pan or wok, chopping board, knife, wooden spatula, fork, measuring jug

ALLERGENS

Eggs, Sesame (oil), Soy (soy sauce)

SERVES 4-5

3cm ginger, finely chopped
100g frozen peas
250g long grain rice
4 eggs, beaten
1 tbsp soy sauce and 1 tbsp extra soy sauce for serving.
1 tsp (teaspoon) Chinese 5 Spice
2 tsp sesame oil (optional)*

* Not provided

STEP 1

- Boil 500ml of water in a pan with a lid. Rinse the rice in cold water and add to the boiling water.
- Put the lid on the pan and heat on low for 15 mins.
- Rest for 5 mins then tip on to a plate to cool .



STEP 2

- Chop the pepper, ginger, garlic, spring onions and chicken.
- Grate the carrot and courgette (if using).



STEP 3

- Break the eggs into a small jug or bowl and beat with a fork.
- Add sesame oil if you are using it.



STEP 4

- Heat 2 tbsp oil over a high heat in a frying pan or wok.
- Add the chicken and fry for 3-4 mins until golden on all sides.
- Then add the chopped and grated vegetables and peas.
- Fry for 3 mins then remove from the pan.



STEP 5

- Add the cooked rice to the pan and stir fry for 3 mins.
- Then stir the chicken and vegetables back in and stir in the Chinese 5 Spice.



STEP 6

- Pour in the eggs.
- Stir in and fry for 2-3 mins or until the eggs have set and the mixture is dry.



STEP 7

- Add 1 tbsp soy sauce and black pepper.
- Stir fry for a further 2 mins.
- Serve and enjoy with extra soy sauce to taste!



Recipe adapted from Ken Hom

TOP TIP: This is a great way of using left over rice. Or use a pack of ready rice and frozen mixed vegetables for a quick and easy meal.