



EGG FRIED RICE



INGREDIENTS

250g long grain rice
500mls water
3tbsp vegetable oil
1 red pepper, diced
1 small carrot, grated
½ courgette, grated
6 spring onions,
finely sliced
100g frozen peas

SERVES 4-5

4 eggs, beaten
1 tbsp soy sauce
Extra soy sauce,
for serving.

Optional:
½ tsp Chinese 5 spice
2 tsp sesame oil

EQUIPMENT

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

ALLERGENS

Eggs, Sesame (Optional), Soy

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

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 and spring onions.
- Grate the carrot and courgette.



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 3 tbsps oil over a high heat in a frying pan or wok.
- Add the vegetables, peas and most of the spring onions.
- Fry for 3 mins then set aside.



STEP 5

- Add the cooked rice to the pan and stir fry for 3 mins.
- Then stir the vegetables back in. (Add Chinese 5 spice if using.)



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 the soy sauce and black pepper.
- Stir fry for a further 2 mins.
- Serve and Enjoy!



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