

EGG FRIED RICE



QUICK



HEALTHY

Brown Rice contains more fibre than white rice. We should aim to eat 30g fibre per day to keep our gut working effectively

FAMILY



MEALS

Side dish to accompany stir fries

INGREDIENTS

- 200g brown or white long grain or basmati rice
- 3 eggs
- 1 medium onion
- 1 carrot
- 100g sweetcorn (frozen or tinned)
- 100g peas
- 3-4 tbs soy sauce
- ½ tsp salt
- Oil

METHOD

- 1) Cook your rice according to the instructions on the pack
- 2) Dice your onion
- 3) Heat 1 tbs oil in a frying pan
- 4) Fry the onion
- 5) Dice your carrot and add to the onion
- 6) Cook for approx. 5 minutes
- 7) Add the sweetcorn and peas
- 8) Add the cooked rice and mix well
- 9) Beat your eggs in a bowl or measuring jug
- 10) Create a hole in the middle of the frying pan and pour in the egg
- 11) Mix into the rice
- 12) Add salt and 2 tbs soy – taste. Add more soy till its perfect!
- 13) Enjoy



@quickhealthyfamilymeals

To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com