

Special Fried Rice

Serves: 2

Ingredients:

- 100g long grain rice
- 200ml boiling water
- 1 tbsp vegetable oil
- 2 chicken breasts
- 1 spring onions
- Small piece of ginger
- 1 garlic clove
- ½ red chilli
- 1 large egg
- 3 tablespoons peas
- 1 – 2 tablespoons soy sauce



Method:

1. Cook the rice – place a saucepan of water onto boil, when boiling add the rice and cook for the time according to the packet. Drain once cooked
2. Place oil into a saucepan / wok. When hot, add the chicken and fry until nearly cooked. Should take around 10 / 15 minutes. Add the peas.
3. Add the spring onions, ginger, garlic and cook for a minute.
4. Add the drained, cooked rice and then pour over the beaten egg
5. Stir the rice vigorously to distribute the egg evenly and allow it to scramble.
6. Dress with soy sauce and serve!