

Wholesome at Home

Fried Rice

An easy, tasty and quick Fried Rice. The recipe has many optional ingredients so you can use leftovers or pantry staples. As they say, **simple is best!!**

 **Serves 2**

 **Around 10 minutes**

Ingredients

- 2 large eggs
- 2 tbsp canola oil
- 1 cup mixed vegetables (options include: corn, carrots, peas, or any frozen mixed vegetables of your choice)
- 30ml soy sauce (use tamari if gluten free)
- 30ml sweet soy sauce
- 60g cooked meat of tofu (options include: small prawns, chicken, canned tuna or salmon, grilled tofu)
- 1 tsp minced garlic

Method

1. Crack 2 eggs into a small bowl and beat them together. Set the bowl aside.
2. Heat a wok (or large saucepan) with ½ tablespoon of the oil over medium-high heat. Once the pan is hot, add the beaten eggs and scramble them for about a minute. Transfer the eggs to a dish and turn off the heat. Wipe off the wok with a kitchen towel.
3. Drizzle the remaining 1 ½ tablespoons of oil in the wok over medium-high heat. Add the mixed vegetables and spring onion and cook for another minute. I like to save some of the spring onion (the dark green part) for garnish.
4. Add the cooked rice into the pan or wok and cook for a few minutes, until the rice is heated through. If you have large clumps of rice, break them apart with the back of your spatula.
5. Add both soy sauce, and stir to distribute the sauces. Add the 2 scrambled eggs and stir to mix again. Garnish with nuts and spring onion.

Chef's Tips

1. Peanut oil will give the fried rice a nice nutty light fragrance and taste.
 2. Left over cold rice is best to use rather than fresh cooked rice as it may become gluggy.
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