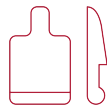




Special Fried Rice



DIFFICULTY: EASY



PREPARATION TIME: 20
MINUTES



COOKING TIME: 30
MINUTES



SERVES: 4-6

Ingredients

- 1 1/2 cups long grain rice
- 2 1/4 cups water

- 2-3 tbsp oil
- 3 eggs
- 1 onion, finely chopped
- 1 large carrot, finely chopped
- 1 small red capsicum, finely chopped
- 125g bacon, chopped
- 1 1/2 tbsps grated ginger
- 3 cloves garlic, crushed
- 2/3 cup frozen peas, thawed
- 3 spring onions, diagonally sliced
- 1/3 cup light soy sauce
- 1-2 tbsps sesame oil
- 1 cup bean sprouts, if desired
- Salt and pepper, to taste

Method

Combine the rice and water in the small solid steamer tray. Steam on 100°C for 16 minutes. Spread the rice onto a tray to cool.

Heat a little of the oil in a flat based wok or skillet. Whisk the eggs then pour into the pan, cook over induction setting 7 until the egg is cooked through, remove from the wok, roll up then cut into 1cm slices. Set aside.

Heat the remaining oil and stir fry the onion, carrot, capsicum and bacon for 5-6 minutes. Add the ginger, garlic and peas and cook a further 2 minutes. Toss through the cooled rice and egg with the light soy and sesame oil and continue cooking for another 3-5 minutes or until the rice is well heated through. Toss through the spring onion and bean sprouts, season to taste and serve immediately.

Notes
