

Egg Fried Rice

This tasty recipe has been put together by Rachel, our Healthy Habits Coordinating Officer. For more great health and wellbeing tips from our Healthy Habits team, call us on 0191 280 8484 or email Rebecca.Williams@ageuknorthtyneside.org.uk.

Variations

- Tinned pineapple chunks
- Prawns
- Adapt the spices and seasoning depending on your preference

Kit

- Frying pan or wok
- Wooden or plastic spoon or spatula
- Garlic crusher (optional)
- Small bowl
- Fork

Ingredients (2 servings)

- 1 tbsp. sunflower or vegetable oil
- 1 egg, beaten
- 1 glove of garlic, crushed
- Small bunch of spring onions, chopped
- 1 tsp. Chinese five-spice powder
- 2 tsp. sesame oil
- 2 tbsp. dark soy sauce
- 200g cooked long grain rice or jasmine rice (Tilda rice pouches are my favourite)
- 50g frozen peas
- 200g either fresh pineapple or tinned chunks (optional)
- Peeled raw king prawns (optional)



Recipe

1. Heat 1/2 tbsp of oil in your wok or frying pan. Add the egg, swirling round the pan to make a thin omelette.
2. Once cooked, move the omelette to a chopping board and cut into ribbons.
3. Heat the remaining oil. Add the garlic, onions and five spice (and the prawns if you wish). Stir fry until sizzling.
4. Add the rice, peas, sesame oil and soy sauce.
5. Cook over a high heat until the rice is hot, then stir through the omelette ribbons and pineapple if you wish.