

The Easiest Egg Fried Rice



Preparation time: 25 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Quick & Easy, Dinner Recipes, Vegetarian



Ingredients

- 8 eggs, medium hard boiled
- 2 tablespoons canola oil
- 115g punnet baby corn, halved lengthways
- 100g snow peas, trimmed and halved
- 1 clove garlic, crushed
- 2 teaspoons finely grated ginger

- 2 cups shredded chinese cabbage
- 4 cups cooked long grain rice
- 1/3 cup soy sauce *
- 4 green onions, sliced
- ½ cup bean sprouts, trimmed

Method

1. Heat the oil in a wok or large deep frying pan over medium heat.
2. Cook the baby corn for 1-2 minutes then add the snow peas, garlic and ginger. Cook for another 1-2 minutes until tender.
3. Toss the cabbage in the wok, cook for a minute until starting to wilt then stir in the rice and cook for 4-5 until heated through.
4. Stir the soy through the rice, and cook for another 2-3 minutes, moving the rice around the wok to mix in with the soy evenly.
5. To serve, cut the egg into thick slices. Divide the rice between serving bowls and top with egg, a scatter of green onions and bean sprouts.

* Eggs may be quartered instead of sliced if preferred

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
417g	2290kj 547kcal	22g	18.4g	3.1g	70g	3.2g	1690mg	4.2g

All nutrition values are per serve.