



Fuelling Fried Rice

Serves: 6

Ingredients

3 cups basmati rice, cooked and cooled
Olive oil spray
2 whole eggs, beaten
250g lean chicken, diced
1 onion, peeled and diced
1 red capsicum, seeded and diced
2 cups Chinese cabbage, shredded
1 cup green peas (frozen, fresh or canned)
1 cup corn kernels (frozen, fresh or canned)
1 cup bean sprouts
2 spring onions, diced
3 tablespoons salt reduced soy sauce
1 tablespoon oyster sauce

Method

1. Cook rice following packet directions, set aside to cool
2. Lightly spray a heated non-stick fry pan with oil, pour in eggs to make a thin omelette
3. Once the omelette is cooked, transfer to a chopping board and slice thinly, set aside
4. Lightly spray the same pan with oil, cook chicken and onion until golden
5. Add capsicum, cabbage, peas and corn. Cover and cook for one minute
6. Add rice and all remaining ingredients except omelette. Stir until sauces have mixed through evenly
7. Fold in omelette.



HOT TIP

Frozen peas and corn are an inexpensive ingredient, nutritious and handy to have in the freezer. If using canned, drain and rinse to remove any excess salt.