

# EGG-FRIED RICE

This easy to make rice dish would be great served with a vegetable stir fry in place of a usual take-away meal. Or simply add frozen cooked vegetables and a sprinkle of sesame seeds for a balanced snack or lunch.

BBC Goodfood Recipe

## INGREDIENTS

- 250g long grain rice (wholegrain)
- 3 tbsp vegetable oil
- 1 onion, finely chopped
- 4 eggs, beaten
- 2 spring onions, sliced, to serve

## DIRECTIONS:

- Cook the rice following pack instructions, then drain, spread it out to dry and set aside.
- Heat 2 tbsp of the oil in a large wok or frying pan over a high heat, then add the onion and fry until lightly browned, around 5 mins. Add the rice, stir and toast for about 3 mins, then move to the side of the pan.
- Add the remaining oil, then tip in the egg mixture. Leave to cook a little, then mix in with the rice – stir vigorously to coat the grains or, if you prefer the egg chunkier, allow to set for a little longer before breaking up and stirring through. Tip into a serving bowl and scatter over the spring onion to serve. You can also add sesame oil, ground white pepper and a splash of low salt soy sauce to season.

