



---

Posted on 2 January 2013  
*by ewfood*

## Egg fried rice



## Ingredients

1fl oz. oil  
7oz. Dry rice, cooked  
4 spring onions, finely chopped  
4oz. bean sprouts  
4oz. frozen peas  
4oz. bell peppers, finely chopped  
Soy sauce to taste  
1 egg  
2 teaspoons Asian sesame oil  
Ground white pepper, to taste  
Fresh Coriander to serve

## Preparation

- 1 Heat the oil in a frying pan, once it is scalding add the rice and fry until it is heated through. Then add the vegetables and continue frying for 3 to 4 minutes stirring constantly. Season this with soy sauce and pepper.
- 2 In a bowl mix the egg and sesame oil. Push the rice and vegetables to one side of the pan and add the egg mixture, allow it to set for 10 seconds before stirring it through the rice. Garnish with fresh coriander and serve hot.

## Cooks Note

---