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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 t 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. Garnigh with fresh coriander and serve hot.

Cooks Note