



## FRIED RICE- serves 2

ALTERNATIVES (GLUTEN FREE G.F, MEAT FREE M.F, LACTOSE FREE L.F)

- 2 tbsp oil
- 1/2 onion
- 1 tsp garlic minced
- 120 g bacon (No Bacon, MVP, Tofu - MF)
- 1 1/2 cups frozen vegetables
- 250g packet of microwavable rice- see recipe notes
- 3 eggs
- 3/4 cup green onions/ spring onion

### Sauce:

- 2 tbsp Oyster Sauce (G.F oyster sauce- G.F)
- 2 tbsp soy sauce (G.F soy sauce- G.F)
- 1 tbsp water
- 1/2 tsp chicken or vegetable stock powder (Vegetable Stock- MF)
- 1/4 tsp white pepper

### Equipment:

- Wok/ Deep Fry Pan/ Skillet or Large Saucepan/ Pot
- Mixing bowl
- Plate
- Chopping Board
- Sharp Knife
- Fork or Whisk

### Method:

1. Prepare ingredients for the recipe. Dice onion to desired width, cut bacon into small pieces and green onion/ slice spring onion into thin slices.
2. Sauce- Mix all sauce ingredients together in a bowl.
3. Heat oil – Heat about 1 1/2 tbsp oil in a wok or 2 tbsp oil in a frypan over high heat.



4. Scramble egg – Crack eggs in a bowl and mix eggs together with a fork. Pour in egg then scramble by pushing around pan and spreading across base – cook it through properly, don't "soft scramble". Remove and set aside on plate.
5. Add ½ teaspoon to oil to pan. Add onion, garlic and bacon. Cook until bacon is light golden – about 1 1/2 minutes.
6. Add vegetables (still frozen is fine). Cook for 2 minutes so they defrost and water evaporates.
7. Add rice and Sauce ingredients. Cook for 1 1/2 minutes until liquid evaporates.
8. Cut up cooked scrambled egg into small pieces and add to pan.
9. Add green onion then stir the egg into the rice. Remove from heat and serve immediately!

#### Recipe Notes:

##### Why using day-old rice is preferred:

- **Day-old rice** is drier and less sticky because the grains have had time to firm up in the fridge.
- **Fresh rice** tends to be a bit more moist, which can make the fried rice a bit too soggy or clump together.

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##### If you're using fresh rice:

1. **Cool it quickly:** If you're using freshly cooked rice, try to spread it out on a baking sheet or large plate to cool it down quickly. The faster it cools, the less likely it is to be too sticky.
2. **Let it sit:** If you have time, let the fresh rice sit for 15-20 minutes before frying it to allow some moisture to evaporate.
3. **Use a hot pan:** Ensure your pan (preferably a wok or large skillet) is really hot when frying. High heat helps to separate the rice grains and prevents them from sticking together.
4. **Oil and stirring:** Use a bit more oil to help prevent clumping and to give the rice a nice, slightly crispy texture.


##### Nutritional Tips:

- Use leftover rice to make this dish even more budget-friendly.
- Frozen mixed vegetables are a cheap and easy way to add nutrition.
- Swap chicken for tofu to save money.
- If soy sauce is too salty, dilute it with water or use a low-sodium version.



- Stir-fry with minimal oil or water for a lighter meal.

### Nutritional Information: Per 1 Serve

Fried Rice		
Nutrition Information		
Serving Size: 1 serving		
	Average Quantity per Serving	%Daily Intake*
<b>Energy</b>	3424.2 kJ	39 %
<b>Protein</b>	39.6 g	79 %
<b>Fat, total</b>	42.9 g	61 %
- saturated	11.5 g	48 %
<b>Carbohydrate</b>	62.4 g	20 %
- sugars	10.9 g	
- lactose	0 g	
- galactose	0 g	
- starches	47.8 g	
<b>Dietary Fibre</b>	6.1 g	20 %
<b>Sodium</b>	2856 mg	124 %
<b>Vitamin C</b>	19.1 mg	
<b>Vitamin A</b>	694.8 µg	
<b>Calcium</b>	133.5 mg	
<b>Iron</b>	3.8 mg	
*Percentage daily intakes are based on an average adult diet of 8700 kJ.		
Per Serving 		
Full Info at <a href="https://cronometer.com">cronometer.com</a> </>		

Australia/NZ Label ▼

### Recipe Credit:

Nagi Maehashi



<https://www.recipetineats.com/egg-fried-rice/>