



OUR RECIPE

Curried Vegetable Fried Rice

Serves 4

INGREDIENTS

- 200g a blend of brown and white rice
- 150g broccoli
- 150g frozen peas
- 150g carrots, diced
- 2 medium eggs
- 10g (2 teaspoons) curry powder
- 100g onion, diced
- 1 vegetable stock cube
- 500ml water
- 10ml, vegetable oil

Salt and pepper to taste

METHOD

1. Add the rice to a medium sized sauce pan with the water and stock cube, bring to the boil and then and simmer until cooked.
2. While the rice is cooking, finely dice the onion, carrot and broccoli and remove the peas from the freezer.
3. Heat the oil in a large frying pan and sauté the onion, broccoli and carrots until softened. Then add the frozen peas and curry powder and stir until all the veg is coated.
4. Crack the eggs in a small bowl and whisk with a fork.
5. Move the veg to one side of the frying pan and on the other side add your eggs and cook until they resemble scrambled eggs.
6. Then stir in the vegetables.
7. Drain the cooked rice and gently fold it through the curried veggies and egg. Season to taste and serve.



For added flavour garnish with a fresh, very thinly sliced sliced chilli, a handful of fresh coriander leaves and a chopped spring onion.

TASTY
RECIPE