

COOKING UP

VEGGIE EGG FRIED RICE

This Chinese-inspired fried rice recipe is quick to make, and you can use any of your favourite vegetables. You can eat it straight away, or instead, cool quickly, refrigerate, eat cold or reheat thoroughly (only once) and eat within 24 hours.

SERVES 4 

INGREDIENTS

300g long grain rice
2 tbsp vegetable oil
1 medium onion
4 spring onions, thinly sliced
4 garlic cloves finely chopped/minced
50g (2 thumb-sized pieces) ginger, peeled and finely chopped
½ head of broccoli (200g including stalk)
100g defrosted frozen peas
1 small can of sweetcorn (160g drained weight)
4 large eggs, whisked
3-4 tablespoons light soy sauce
Pepper

EQUIPMENT

Knife
Chopping board
Large, deep, non-stick frying pan (30cm) or wok
Saucepan
Bowl, fork
Colander or sieve
Wooden spoon or spatula

ALLERGENS

Egg, Soya, Gluten

TIP

Try adding some cooked chicken, prawns or tofu.



METHOD

- 1 Rinse the rice in running water using a sieve. Tip the rice into a large saucepan over a low heat and add 600ml of water (double the volume of water to rice). Bring to a boil, stir once, put a lid on and turn the heat down to as low as possible. Simmer gently for approx. 10-15 minutes (do not remove the lid). Once the water has been absorbed, remove from the heat and fluff the rice with a fork.
- 2 While the rice is cooking, crack the eggs into a bowl and whisk with a fork. Continue with the following steps until the rice is done.
- 3 Prepare the vegetables: finely dice the onion and set aside. Place the garlic cloves on a chopping board and squash with the back of a wide bladed knife; remove the skin and chop finely. Peel the ginger using the back of a teaspoon and chop finely. Remove the tough outer skins of the spring onions and slice finely. Chop the broccoli stalk into small pieces and then chop the broccoli head into small bite-sized florets. Drain the sweetcorn.
- 4 Put the frying pan or wok on a medium heat, add the oil and when hot, add the chopped onion and cook for approximately 5 minutes, stirring frequently. Add the garlic, ginger and most of the spring onions (reserve the greener ends for garnishing). Cook for another 2-3 minutes, stirring.
- 5 Increase the heat and add the broccoli. Stir fry for approx. 5 minutes until the vegetables are tender, stirring constantly.
- 6 Add the drained sweetcorn, peas and cooked rice and stir gently to combine. Make a hole in the middle and pour your whisked eggs into the pan.
- 7 Scramble with the wooden spoon or spatula and carefully fold the rice mixture into the egg.
- 8 Add the soy sauce and season with some black pepper and stir through.
- 9 Garnish with the reserved spring onion and serve.

This recipe is adapted from an Asda Good Living Beat the Budget recipe.



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