



Fried Rice for Monday Night

Ingredients (serves 4)

- 1 onion, peeled and finely chopped
- 1 clove garlic, finely chopped
- 1 tsp five-spice powder
- 1 carrot, peeled and chopped
- 1 stick of celery, washed, trimmed and chopped
- 1 red pepper, deseeded and chopped
- Leftover cooked chicken or pork
- Basmati rice, measured to the 200ml mark in a measuring jug
- 400ml hot chicken or vegetable stock (from a cube is fine)
- A handful of frozen peas
- 2 eggs
- Olive oil
- Soy sauce

Hints and Tips

It's best to use an onion, but other than this, you can use any vegetables you like in this dish.

Instead of five-spice powder, try adding a teaspoon of curry powder.

Stir through some chopped fresh herbs, such as parsley or coriander before serving.

For a tasty vegetarian version, omit the meat and add a tin of red kidney beans, drained and rinsed, and a handful of toasted cashew nuts. If you omit the omelette, this makes a vegan-friendly dish.



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1. Heat 1 tablespoon of olive oil in a large frying pan or wok, and fry the onion and garlic gently for 5 minutes, stirring occasionally, until the onion starts to become translucent. Stir in the five-spice powder and cook for a further two minutes, stirring.
2. Stir in the remaining chopped vegetables, cover and cook for 5 minutes until becoming soft.
3. Turn up the heat and add the shredded pork or chicken and the rice. Stir well so that the rice becomes coated with oil. With the heat still high, pour in the hot stock, frozen peas and some seasoning, and stir once.
4. Reduce the heat to its lowest level, cover the pan and cook until the rice has absorbed all the liquid.
5. Meanwhile, beat the eggs with a splash of water and some seasoning. Heat 1 teaspoon of oil in a small frying pan, then pour in the egg mixture, swirling it around to fill the base of the pan. After a minute, flip the omelette over to cook the other side. When the omelette is cooked, remove from the pan, roll it up and slice into long ribbons.
6. When the rice has absorbed all the liquid, remove from the heat, take off the lid and cover the pan with a clean tea towel for a couple of minutes.
7. Stir through the sliced omelette and a couple of splashes of soy sauce and serve.