

*Recipe
using pantry staples*

Easy Fried Rice

INGREDIENTS

- 2 tbs olive oil
- 2 tbs garlic (fresh or from jar)
- 1 large onion
- 2 tbs grated ginger (fresh or from jar)
- 450g packet frozen stir-fry vegetables (or use whatever chopped mixed vegetables you have in your fridge)
- 4 cups cooked basmati rice (using a microwavable packet is a good quick option)
- 2tbs reduced-salt soy sauce
- 4 eggs

METHOD

Step 1

Fry olive oil with garlic, onion and ginger for 2 mins.

Step 2

Add frozen or chopped vegetables and stir-fry for further 5-7 mins.

Step 3

While the vegetables are cooking, cook the rice.

Step 4

Add cooked rice and soy sauce to vegetable mix. Toss to coat.

Step 5

Serve fried rice with a fried egg on top of each. Enjoy!

Tip:

Cook extra serves, divide into containers and freeze or refridgerate leftovers for later