

RECIPE

Special Fried Rice, Broccoli, Chinese Broccoli and Peas

Ingredients

- 2 tbsp vegetable oil
- 1 tbsp sesame oil
- 1 clove garlic, chopped
- 1 tbsp fresh ginger, chopped
- 2 free-range eggs
- 225g pre-cooked chilled long grain rice
- 3 spring onions, finely chopped
- 100g frozen peas, thawed and drained
- 80g broccoli, stalks included
- 80g Chinese broccoli
- 1 tbsp crispy shallots
- 1 tsp crispy garlic
- Salt and pepper



Method

1. Heat the vegetable and sesame oil in a wok or large frying pan until it is very hot. Add the garlic and ginger and cook briefly, stirring all the time.
2. Add the broccoli followed by the chilled rice. Season with salt and pepper and stir fry for about 5 minutes on a high heat.
3. Beat the eggs together and add to the pan. Stir fry until the eggs have set.
4. Add the rest of the greens to the wok and warm through.