



# Fast Fried Rice

Serves: 1

## Ingredients

2 cups long grain white rice (for best results cook and leave for 8 hours or overnight) • 2 tbsp sesame oil, 3 eggs • 3 rashers of bacon, or a finely sliced ham steak, a cup of shrimps, beef schnitzel, pork mince... whatever meat you have to hand • 1 tsp chicken stock powder dissolved in ½ cup water • 2 tbsp dark soy sauce • ½ tsp salt • Cooking spray • 1 ½ cups frozen mixed vegetables, peas or finely diced fresh veg

## Method

The real secret to this dish is using 'day old' cooked rice. Either make extra the night before, or cook in the morning and leave in the fridge till evening. Fresh rice becomes sticky and won't fry. This meal takes only minutes to prepare and not much longer to cook, so it's a great weeknight standby.

Spray the inside of a Wok or large frying pan with cooking spray. Heat a teaspoon of the sesame oil. Break eggs into a bowl and whisk lightly. When oil is hot, pour eggs into the pan, tipping it to spread them out into a thin pancake. Cook until set then lift out pancake, roll up and set aside. Add another few drops of oil to the pan and add the meat. Stir fry till cooked then add some more oil and the rice. Stir frequently, being sure to scrape the base of the pan to prevent sticking. When the rice is starting to crisp a little mix in the soy sauce, salt and stock and continue to cook. Add the vegetables and continue to stir fry until they are piping hot. Finely slice the egg pancake and scatter into the pan. Serve.

Cooks tip: To prevent overcooking if using shrimps or seafood, cook lightly first then remove from pan, returning them to the mixture just before serving. Leftover rice freezes well so keep some in the freezer to make this easy dish. Recipe Credit: Sophie Gray

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