

# HEALTHY FRIED RICE

**Preparation time:** 10 minutes

**Cooking Time:** 15 minutes

**Serves:** 5



## Ingredients

- 3 eggs
- ½ teaspoon oil
- 1 teaspoon sesame oil
- 1 clove garlic, crushed
- 1 onion, diced
- 1 carrot, peeled and cut into julienne strips
- 1 can baby corn, drained
- 1 cup sliced mushrooms
- 1 green capsicum, sliced
- 1/2 red capsicum, sliced
- 1 cup frozen peas
- 3 cups cold cooked rice
- 2 tablespoons chilli sauce
- 1 tablespoon soy sauce

## Nutritional Information:

Kilojoules 588 kJ  
Calories 141 cal  
Protein 8.1 g  
Total fat 2.3 g  
Carbohydrate 22 g  
Sodium 640 mg  
Potassium 379 mg  
Calcium 25 mg  
Iron 1.6 mg  
Fibre 4.6 g

## Method

1. Crack eggs into a bowl, whisk to combine. Heat lightly oiled pan over low heat and pour in egg mixture. Wait for egg to set, then gently roll egg onto itself. Remove from pan and slice egg roll thinly - set aside.
2. Heat sesame oil in pan and add garlic, onion, carrots, corn and mushrooms, cook for 2 minutes. Add capsicums and peas and stir-fry vegetables until just cooked.
3. Mix soy sauce and chilli sauce together and then stir through rice mixture. Serve topped with sliced egg roll.

## Tips

This is a great way to use left over rice from dinner the night before.

Freeze left over rice in plastic bags, so you can have cooked rice on hand for when you need a quick dinner. It easily defrosts by running hot water through it.

Use any vegetables of your choice to replace what is in the recipe.

