

Fried Rice

MANSFIELD RESPOND



INGREDIENTS

- 1 cup long grain rice
- 2 tsp vegetable oil
- 2 eggs, lightly whisked
- 2 rashers bacon, finely chopped
- 1 capsicum, finely chopped
- 2 celery sticks, finely chopped
- 1 carrot, grated and peeled
- 2 shallots, finely sliced
- 1/2 cup frozen peas
- 1 tbsp soy sauce
- Sesame seeds

SERVES 6-8.

DIRECTIONS

1. Cook rice in a large saucepan of boiling water for 12min, drain and dry well.
2. In a large fry pan heat oil over medium heat, add eggs and stir as you would for an omelette and cook for 2min. Remove from fry pan and cut into strips.
3. Add bacon to the fry pan and cook for 4min, add carrot and stir for 1 min.
4. Add in other vegetables and cooked rice, cook stirring for 3-4 min.
5. Add eggs back in and as well as soy sauce.
6. Sprinkle with sesame seeds to serve.

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