

Egg fried rice

Ingredients

- 1 garlic clove
- 2 spring onions
- 1 carrot
- 1 pepper
- 40g peas
- Soy sauce
- 100g rice
- 1 egg



1. Half fill a pan with hot water and set to boil on **heat 5**.



2. Add the rice and boil for **10 minutes**. Once soft, drain over the sink with a colander.



3. Slice the spring onions, peel and dice the carrot, chop the pepper into dice.



4. Peel and crush the garlic on to your board.



5. Set a wok (with 1tsp oil) to **heat 5**. Add the vegetables (not peas) and garlic. Stir fry for **5 minutes**.



6. Add the peas and the cooked rice.



7. Make a well in the middle of the stir fry and add the egg. Let it cook through.



8. Mix up the egg into the rice and add the soy sauce.



9. Season with salt and pepper and serve.