



Special Egg Fried Rice

5 Boroughs Partnership 
NHS Foundation Trust
Community Health Services

Ingredients

Low fat cooking spray	1 Pepper chopped
250g / 8oz brown rice	2 tbsp. light soy sauce
$\frac{1}{2}$ tsp. Chinese 5 spice powder	1 tbs Worcester sauce
100 grams. Cooked chicken	100g mushrooms
2 eggs	
Spring onions	
Cooked prawns (optional)	

Equipment

Large pan	Chopping Knife
Wok or large frying pan	Chopping board
Measuring Jug	Teaspoon
Scales	

Method

1. Put rice into pan with water to cover and bring to the boil, simmer and cook till rice is soft (20-25min). Leave to cool.
2. Heat large Wok and Spray with low fat cooking spray. Add chopped peppers and spring onions, garlic and mushrooms and stir fry for 2-3 minutes, add soy, 5 spice and Worcester sauce.
3. Add chicken and cook for 5 min. Empty into a separate bowl.
4. Beat the eggs in a small bowl with 3 tbsp of water and cook in the wok until light and fluffy.
5. Place eggs to one side and wipe out wok with kitchen paper.
6. Heat a little more oil in the wok and add rice, quickly toss the rice in the hot oil and add 2 tbs of light soy sauce cook through and add the onion and chicken mix.
7. Mix together and stir-fry for another 2mins and take off the heat,
8. Break up the egg and add a handful of chopped spring onions and lightly combine.

Serving Suggestions/Tips: Goes with all Chinese dishes. Serves 4.