



WELL

Support to Recovery (S2R) PROMOTING POSITIVE MENTAL HEALTH

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Super easy egg fried rice

Serves: 2

Prep Time: 5mins Cooking time: 20 mins

Another great store cupboard recipe or for using left overs from the fridge, use left over cooked rice and cooked vegetables. Serve with a sweet and sour chicken dish or add cooked ham, sausage or chicken pieces for a quick tea. Quick and easy to prepare.

INGREDIENTS

- 1 pouch microwave rice/ or cooked rice
- 1 onion, peeled , finely chopped
- 1 tablespoon oil
- 1 tin mixed veg
- 2 eggs
- 1 tin mixed veg /optional
- Ground black pepper
- Soy sauce to serve

GET COOKING

- 1 Crack the eggs into a bowl, beat together
2. Add 2 teaspoons of oil to a frying pan, heat, add the eggs, stir and cook until scrambled. Place the eggs in a dish.
3. Cook the rice, follow the instructions on the packet.
4. Heat 2 teaspoons of oil in the frying pan, add the chopped onion, gently fry for 5 minutes. add the cooked rice, drained vegetables and beans if using them, cook until heated through.
5. Add the scrambled egg, season with pepper.
6. Serve with soy sauce



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