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## Easy Chicken & Vegetable Fried Rice



Serves: 2 10 minutes prep time 10 minutes cook time

Looking for the perfect last minute week night meal, here it is. This easy fried rice is ready in 20 mins, just what you need on a busy night. Make extra and you've also got lunch ready for the next day! These great flavours will also work with prawns or beef.

### Ingredients

- 2 eggs, beaten
- ½ Tbsp sesame oil
- 200g chicken tenderloins, cut into thin strips
- 1 clove garlic, finely chopped
- 2 spring onions, sliced
- 1½ cups cooked long grain rice
- ¼ cup sweet chilli sauce
- ½ Tbsp soy sauce
- 1 x 160g steam bag **Wattie's SteamFresh Vege Mixes Bag**
- chopped coriander leaves (optional)
- lime wedges (optional)

made with



### Method

1. Heat a dash of oil in a wok or non stick frying pan. Add beaten eggs and cook for 1 minute, stirring until they are softly scrambled. Remove from the pan and set aside.
2. Add the sesame oil to the pan. When heated add chicken and stir fry for 5 minutes, until chicken is coloured. Add garlic and spring onions and continue stir frying until chicken is cooked and onions soft.
3. Add cooked rice, sweet chilli sauce and soy sauce and continue cooking until rice is hot. While the rice is cooking microwave **Wattie's SteamFresh Vege Mixes** according to packet instructions.
4. Just before serving toss through the cooked egg and vegetables. Serve immediately garnished with freshly chopped coriander leaves and lime wedges if wished.

### Tips

For easy rice – use a 250g pouch of microwaveable rice – cook according to manufacturers instructions before adding to stir fry.

Replace chicken with raw prawns – pre thawed or thin strips of beef rump or fillet steak. Stir fry time will depend on what is used.

Replace the rice with cooked noodles if wished.

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