

EGG FRIED RICE



Serves 4



Prep Time 10 minutes



Cook Time 10 minutes

INGREDIENTS

- 2 eggs, beaten
- 1-2 cloves garlic, crushed
- 3 cups cold cooked rice
- 400 g **Wattie's frozen Wok Creations Hong Kong Mix**
- 1 tsp sesame oil
- 200 g cooked chicken, diced
- 2 spring onions, sliced

METHOD

1. Heat a dash of oil in a wok or large non-stick frying pan. Add beaten eggs and cook for 1 minute, stirring until they are softly scrambled. Remove and set aside.
2. Add more oil to the wok if necessary and add the garlic, rice, **Wattie's Frozen WOK Creations Hong Kong Mix**, sesame oil and cooked chicken. Toss for about 5 minutes or until vegetables are cooked and everything is piping hot.
3. Stir through the cooked egg and serve garnished with spring onions.

TIPS

To make this a full meal, add 200g diced cooked chicken or diced ham when adding the vegetables.