

EGG FRIED RICE AND VEGETABLES

HEALTHY

DAIRY
FREE

VEGETARIAN



Serves 2



Prep Time 10 minutes



Cook Time 10 minutes



Easy As



INGREDIENTS

- 2 tsp sesame oil
- 1 small onion, sliced
- ½ tsp crushed garlic
- ¼ tsp minced ginger

METHOD

1. Heat sesame oil in a wok or frying pan. Add onion, garlic and ginger and stir fry over a medium low heat until the onions soften.

- 2 x 160g steam bags **Wattie's SteamFresh Baby Peas and Supersweet Corn**
 - 250 g cooked brown rice
 - 2 Tbsp **Wattie's Hoisin Sauce**
 - 2 Tbsp sweet chilli sauce
 - 2 eggs
 - Fresh Coriander leaves and red chillies to garnish (optional)
3. While the onions are cooking microwave **Wattie's SteamFresh Baby Peas and Supersweet Corn** according to bag directions.
 4. Add the rice to the pan with the **Wattie's Hoisin Sauce** and sweet chilli sauce. Toss to coat. Add in the vegetables and continue to stir fry until rice and vegetables are hot. Transfer to serving bowls and keep warm.
 5. Heat a dash of oil in a frying pan and break in the eggs. Cook over a medium heat, turning the eggs once. Continue cooking until yolks are set.
 6. Spoon the fried rice onto serving plates and top each serving with a fried egg. Garnish with fresh coriander leaves and thin slices of fresh red chilli.