

Prawn Fried Rice



A fast and satisfying dish that will surely please the family.

Ingredients

4 cups cooked rice
200 g cooked prawns, peeled
4 garlic cloves, finely chopped
4 spring onions, finely sliced
2 tbsp soy sauce
1/2 cup frozen peas, blanched
1 small carrot, thinly sliced
2 eggs, whisked

Method:

1. Heat a large wok with 3 tablespoons of oil over medium heat, add spring onions, carrot and garlic, stirring frequently making sure garlic does not burn. Add rice and cook until fragrant.
2. Add soy sauce, and stir fry until it is well incorporated into rice.

3. Add peas and cooked prawns and mix thoroughly for a further 2 minutes, season to taste.
4. Remove from the pan, transfer to a bowl and keep warm.
5. Put the wok back onto the heat, drizzle with olive oil and pour in the whisked egg moving pan around to spread the egg to the edges. Cook until just set. Transfer from the pan and place on a chopping board. Thinly slice the egg to make ribbons and add to the fried rice.