

Salmon Fried Rice



Recipe supplied by John West.

Ingredients

- 1 tablespoon oil
- 1 egg, lightly beaten
- 1 spring onion, chopped, plus extra for garnish
- 1 clove garlic, crushed
- 250 g microwavable rice, cooked following packet directions
- 1 cup frozen Birds Eye Carrot, Peas & Corn
- 2 tablespoons soy sauce
- 1/2 teaspoon sesame oil
- 200 g can John West Salmon Tempters - Olive Oil Blend, drained

Method:

1. Heat half the oil in a non stick wok or frypan over medium heat. Add egg and allow to set, stir to make scrambled egg. Cook for 1-2 minutes or until egg has cooked through. Remove from wok

and set aside to keep warm.

2. Heat remaining oil in the same wok. Add spring onion and garlic, cook for 1 minute. Stir in rice and frozen Birds Eye Vegetables and cook for 5 minutes, stirring regularly. Pour over soy sauce and sesame oil and stir to combine. Remove from heat and gently stir in John West Salmon. Spoon into serving bowls and serve garnish with extra spring onion.