



Get more serves of vegies into your day this Winter



Fried Rice

Serves 6.

 10 minutes preparation + 15 minutes cooking (plus cooking and cooling time for rice)

 13 serves of vegies in this recipe

Ingredients:

1 cup long grain rice	1 cup green peas, cooked
2 eggs, beaten	1 cup sweet corn kernels, cooked
Olive or canola oil spray	200g can peeled baby prawns (optional)
1 teaspoon olive or sesame oil	1 cup bean shoots
75g lean leg ham, diced	2 spring onions, diced
1 onion, diced	3 tablespoons reduced-salt soy sauce
1 red or green capsicum, seeded and diced	1 tablespoon oyster sauce
2 cups Chinese cabbage, shredded	

Method: Cook rice following packet directions, drain and cool completely. Lightly spray a heated non-stick pan with oil and pour in eggs to make a thin omelette. Cook over gentle heat until set. Transfer to a plate and slice thinly. Set aside. Lightly spray the same pan with oil and cook ham and onion until golden. Add capsicum, cabbage, peas, corn and prawns. Cover and toss well for several minutes. Add remaining ingredients except omelette. Stir until sauce has mixed through. Fold in sliced omelette. Serve hot.



The more you eat, the more they'll eat.

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