

Egg Fried Rice

Ingredients

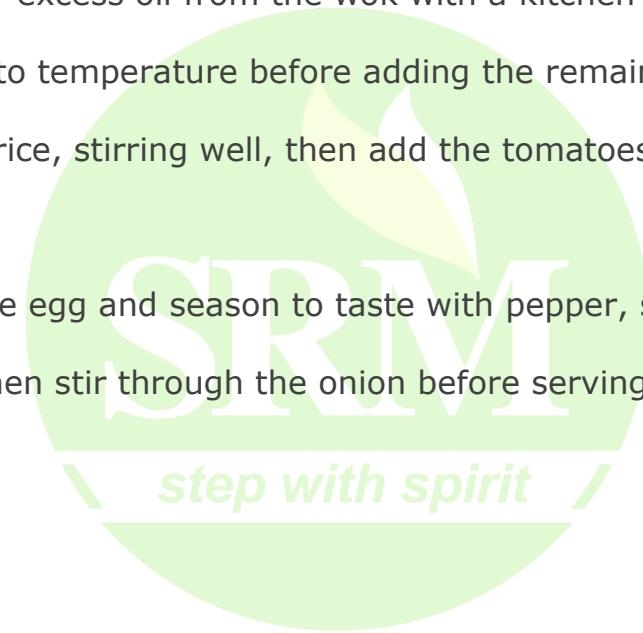
- 2 tablespoons peanut oil
- 3 eggs, beaten
- 400 g basmati rice or 400 g jasmine rice, cooked and cooled
- 3 ripe tomatoes, sliced
- 3 tablespoons light soy sauce
- 1 tablespoon sesame oil
- 1/2 teaspoon white pepper
- 1 large spring onion, finely sliced



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Directions

1. Heat your wok until smoking before adding 1tbsp groundnut oil.
2. Add the eggs and scramble for 1-2 minutes. Transfer to a warm plate and put to one side.
3. Wipe any excess oil from the wok with a kitchen towel then bring back up to temperature before adding the remaining groundnut oil.
4. Add the rice, stirring well, then add the tomatoes and cook for 1-2 minutes.
5. Stir in the egg and season to taste with pepper, sesame oil and soy sauce, then stir through the onion before serving.



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