

Tray Bake Fried Rice



Preparation time: 50 mins

User Rating: ★★★★★

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This Tray Bake Fried Rice is quite the flavour adventure!

Grab your favourite stir-fried veggies, along with your favourite proteins to make a bake that will feed the whole family. See the full recipe below.



Ingredients

- 1 tablespoon sesame oil
- ½ cup Ayam Fried Rice Paste
- 3 cloves garlic, crushed
- 2 tablespoons soy sauce
- 350g chicken thigh fillets, cut into 2cm pieces
- 200g peeled green prawns
- Salt and ground white pepper to taste
- 5 cups cold cooked rice
- 2 cups (250g) frozen stir-fry vegetables
- 6 eggs
- 3 green onions, finely sliced for garnish

Method

1. Preheat oven to 220°C (fan-forced). Spray or brush a baking tray with oil. Combine sesame oil, paste, garlic and soy in a large bowl.
2. Add chicken and prawns. Season with salt and pepper. Toss to coat. Stir in the rice. Toss well to combine.
3. Spread rice mixture evenly onto prepared tray. Bake for 20 minutes.
4. Add frozen vegetables to rice. Toss to combine. Make 6 indents in the rice. Break an egg into each indent and return to the oven for 10-15 minutes, or until eggs are cooked to your liking. Scatter with green onions and serve immediately.

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Notes

- Replace chicken or prawns with chopped bacon.
- 2 cups of dry rice will make approx 5 cups of cooked rice.
- For a quicker version, use sachets of microwave rice.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Vitamin D
458g	2580kJ 617kcal	38.3g	18.3g	4.7g	71.8g	3.3g	1600mg	7.5µg

All nutrition values are per serve.