

Veggie Fried Rice with Sliced Egg Omelette



Preparation time: 30 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Quick & Easy, Dinner Recipes, Lunch Recipes, Vegetarian



Ingredients

- 8 eggs, lightly beaten
- 2 tbsp peanut oil
- ½ red capsicum, chopped
- 4 cups cooked long grain rice
- ¾ cup frozen peas
- 1/3 cup soy sauce
- 2 tbsp chinese cooking wine
- ½ tsp sesame oil

- 4 green onions, sliced
- toasted sesames seeds, to serve

Method

1. Heat half the oil in a wok or large deep non stick frying pan over medium heat. Add the eggs and swirl around the pan to form a thin omelette. Cook for 4-5 minutes or until just set then remove and set aside. Slice thinly.
2. Add the remaining oil to the wok and stir fry the red capsicum over medium heat until just tender then toss through the rice. Cook for a few minutes until the rice is fully heated through then fold through the peas and half the sliced omelette and continue cooking for 2-3 minutes. Fold in the green onions.
3. Mix together the soy sauce, cooking wine and sesame oil and add to the wok, tossing gently until fully combined with the rice.
4. To serve, divide the rice between bowls and top with remaining sliced omelette, extra green onion and a scatter of sesame seeds.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
375g	2260kj 540kcal	20.5g	17.8g	3.8g	70.6g	3.5g	1570mg	4.2g

All nutrition values are per serve.