

# Best Golden Fried Rice



Preparation time:	25 mins
Serves:	4 people
User Rating:	★★★★☆

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But what makes this fried rice so special and golden?

Well, it all stems from the fact you coat the rice in egg yolk before stir-frying. And the result? Five gold stars of scrumptiousness.

Loved by many, devoured for centuries, golden fried rice remains a cooking staple for a reason – as it's quite simply the most delicious fried rice recipe you'll find. And by using freshly cooked warm rice, you'll ensure the egg yolks are coated evenly and absorbed into each grain for that signature textbook colour.

Now – get to wok!



## Ingredients

4 cups cooked long-grain white rice

5 eggs

2 tsp XO sauce

2 tbsp olive oil

2 green onions, finely chopped

100g sliced ham, shredded or chopped

1 red capsicum, sliced

1 cup (120g) frozen peas

Salt and ground white pepper, to taste

Extra sliced green onions, to serve

### Asian Side Sauce (optional)

1 tbsp soy sauce

2 tsp hoisin sauce

1 tsp XO Sauce

## Method

1. Stir rice with a fork to break up grains. Separate 3 egg yolks into a small bowl. Reserve whites in another medium bowl. Add yolks to rice. Mix well until rice grains are coated in egg. Break remaining eggs into reserved whites. Add XO sauce. Whisk well to combine.
2. Heat 2 tsp oil in a large wok over medium heat. Add half the egg mixture. Swirl to coat base of wok. Cook for about 1 minute, or until egg has set. Slide onto a large plate. Roll and slice thinly. Repeat with oil and egg mixture.
3. Add remaining oil to same hot wok. Add rice mixture, onions, ham, capsicum and peas. Stir-fry for about 5 minutes, or until vegetables are tender and rice is golden.
4. Season with salt and pepper. Stir in omelette. Garnish with extra green onions. Serve rice with sauce if using.

### Serving Sauce

To make sauce, combine ingredients in a small bowl and mix well.

## Notes

If choosing white rice: We recommend Jasmine rice, but any long or medium-grain white rice will do too. Short-grain white rice like sushi rice is higher in starch content and may become too sticky.

If choosing brown rice: Any type of medium to long-grain brown rice will work well. 1 ¼ cups of uncooked rice will make 4 cups of cooked rice, but also cold leftover rice can serve well in making your fried rice.

Ensure you have everything you need within reach before you start cooking. Making fried rice is swift and you can't be running around hunting for ingredients mid-cook.

Also ensure your wok (or skillet) is very hot before starting to stir-fry.

In experimenting with the recipe, feel free to replace capsicum with shredded carrot or snow peas. If you can't find XO sauce, simply replace it with light soy sauce or Chilli Garlic Sauce (Lee Kum Kee), and also consider substituting ham for prawns or chicken.

## Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
<b>357g</b>	<b>2150kJ</b> <b>514kcal</b>	<b>21g</b>	<b>16.4g</b>	<b>3.3g</b>	<b>66.5g</b>	<b>4.6g</b>	<b>561mg</b>	<b>5.2g</b>

All nutrition values are per serve.