FRIED RICE

INGREDIENTS

1 TABLESPOON OLIVE OIL
2 EGGS, LIGHTLY BEATEN (WHISK THEM IN A BOWL)
1 CUP FINELY CHOPPED WOMBOK
2 SPRING ONIONS - FINELY CHOPPED
CARROT - FINELY DICED
5 MUSHROOMS - FINELY DICED
1 TABLESPOON FINELY GRATED GINGER
2 CUPS (1KG) COOKED BROWN RICE
1 CUP (120G) FROZEN PEAS
2 TABLESPOONS SOY SAUCE

WHAT TO DO

1. Place half the oil in a large non-stick frying pan over high heat.

2. Add the egg and make a gentle swirly motion with the pan so it coats the base in a nice thin layer. Cook for 1 minute or until just set and the edges are beginning to turn golden.

3. Carefully slide the omelette onto a board.

4. Once cooled a little, roll it up and slice it. Cover to keep warm.

5. Place the remaining oil in the same pan over medium heat. Add the cabbage, onion, mushrooms and ginger and cook for 2 minutes.

6. Add the rice, peas and soy sauce to the pan and cook, stirring a few times, for a further 3–4 minutes. Top with the sliced omelette.