



Fried rice

Recipe by Liz Clark



Serves 4



20 mins

+ rice prep

INGREDIENTS

The basics:

- 2 cups of cooked rice
 - It works best if it's yesterday's rice, but truly, who is that organised? So you can cook it first, spread it out on a tray or a big bowl and put it in the fridge while you prep everything else, OR you can use microwave rice pouches (so easy, just rip it open and dump it in – if you go this option, use one of the 450g pouches).
- 2-3 cloves garlic, smashed and finely chopped
- Knob of ginger, peeled and grated (OR you can use garlic and ginger from a jar, no one will judge you)
- 2-3 tbsp soy sauce
- 2 tsp sesame oil
- 2 tbsp sunflower oil (or other neutral-flavoured vegetable oil)
- Salt and ground white pepper
- 4 extra-large eggs

The fun stuff:

Protein (about 250g total) – pick your favourites!

- Sausages! Pork or chicken work best. You probably only need two sausages for four serves – remove from casings and break up with your spatula in the pan
- Pork mince or chicken mince
- Smoked tofu, chopped into small pieces or crumbled
- Tempeh, chopped into small pieces or crumbled
- Chicken breast or thigh fillet, chopped into small pieces
- Peeled, raw prawns, chopped into small pieces
- Bacon or ham, chopped into small pieces (you don't need much)

Veg – what have you got?

- I like leek or brown onion, cauliflower, broccoli, spring onion, carrot, mushrooms, snow peas/round beans, peas and corn from the freezer, tinned baby corn.

Make sure everything's chopped into small pieces so it cooks/heats through evenly. You'll want about 3-4 cups of veg altogether.



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DIRECTIONS

1. Crack eggs into a bowl and whisk with a pinch of salt and a shake of ground white pepper. Set aside.
2. Heat oil in a big frying pan on high. Put in the ginger and garlic, and the onion/leek if using, and stir.
3. Add in your protein, stir.
4. Then add the veg, and keep stirring it around, making sure the meat or prawns cook through.
5. Then add the rice, and break up any clumps with your wooden spoon or spatula.
6. Add in the soy sauce and sesame oil. Check the seasoning at this point, and add some salt, or more soy sauce, and pepper if you think you need it.
7. Move everything to one side of the pan and pour in the eggs. Let them set a bit first, and then mix it all in with the rest. Take it off the heat just before the eggs are set, because they'll finish cooking in the pan.

Serve with chopped spring onion, coriander, and/or chives, chilli oil, sriracha, or chilli crisp.



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