

Polwhele House Chinese New Year Recipe Card

Easy Egg Fried Rice

Ingredients

- a mugful of long grain rice
- a cupful of frozen peas
- 2 tbsp sunflower oil
- 2 back bacon rashers, roughly chopped
- 1 small red pepper, chopped
- 2 garlic cloves, thinly sliced
- 2 large eggs
- 1 heaped tsp Chinese five-spice powder

🕒 Prep: 20 mins - 30 mins 🍴 Easy 🍴 Serves 4

Sara Buenfeld's fast and easy fried rice with bacon and vegetables makes for a delicious Chinese-style supper

STEP 1

Fill a roomy saucepan with water, bring to the boil and tip in a heaped teaspoon of salt - the water will bubble furiously. Pour in the rice, stir once and return to the boil, then turn the heat down a little so that the water is boiling steadily, but not vigorously.

STEP 2

Boil uncovered, without stirring (this makes for sticky rice) for 10 minutes. After 8 minutes, throw in the frozen peas, boil for 2 minutes and drain (don't rinse).



STEP 3

Heat the sunflower oil in a wok and stir fry the bacon for 3-4 minutes until crisp. Tip in the red pepper and the garlic cloves and stir fry for 2 minutes.

STEP 4

Beat the eggs, pour into the pan and stir fry until the egg just sets. Toss in the Chinese 5-spice.