

# Egg fried rice

Serves 4



## Ingredients

- 5oz/150g/1½ cup of brown rice
- 4 handfuls mushrooms, sliced
- 3 cloves garlic, chopped finely
- 1 inch piece root ginger, peeled and grated
- 1 bunch of spring onions, sliced finely
- 1 pepper, deseeded and sliced finely
- 2-3 handfuls of frozen mixed vegetables
- 3 teaspoons soy sauce
- 1 tablespoon polyunsaturated oil
- 2 medium eggs, whisked

## Method

1. Rinse and drain the rice grains several times. Put the rice in a saucepan and add enough water to completely cover the rice.
2. Bring the rice to the boil over a high heat, once boiled turn the heat down and simmer until the rice is cooked. Drain and put to one side.
3. When the rice is cooked, begin to heat the oil in a wok/frying pan. When the wok/frying pan is hot add the garlic, ginger and stir-fry over a medium heat for 1 minute.
4. Add the mushrooms, peppers and frozen mixed vegetables, spring onions and cook for 5-10 minutes.
5. Add the eggs and cook for 2-3 minutes until lightly scrambled.
6. Add the cooked rice and soy sauce, cook for a further 5 minutes.
7. Serve immediately.