



FRIED RICE

SERVES 4

2 Tbsp canola oil

3 eggs, beaten

1 onion, sliced

1 carrot, diced

1 Tbsp crushed garlic

1 Tbsp ginger, grated

3 cups cooked rice, cooled

1 Tbsp soy sauce

2 Tbsp sweet chilli sauce

1 tsp sesame oil

3 spring onions, sliced

100 g cherry tomatoes,
quartered

2 Tbsp sesame seeds,
toasted

1. Heat a pan and add 1 tablespoon of oil. Add the eggs, stirring to scramble until set. Remove from the pan and set aside.
2. To the same pan, add the remaining oil. Add the onion and carrot, and stir-fry until softened. Stir in the garlic, ginger and rice, and stir-fry until the rice is heated through.
3. Stir in the soy sauce, sweet chilli sauce, sesame oil, spring onions and cherry tomatoes. Fold in the scrambled egg. Sprinkle with toasted sesame seeds and serve.