



# Egg Fried Rice

Prep Time: 5 Minutes

Cook Time: 15 Minutes

Serves 4

This is a great dish to pair with your Chinese fakeaway or even as a tasty lunch time meal.

## Ingredients:

200g-300g long grain rice  
400ml-600ml of water  
3 large eggs  
2-3 tablespoons of light soy sauce  
Low calorie cooking spray



## Method:

1. Place the rice and water in a saucepan and bring to the boil. Cover with a tightly fitting lid and reduce the heat to simmer. Cook for 10-15 minutes until the water has been absorbed.
2. Whilst this is cooking, crack the eggs into a bowl and beat them together.
3. Heat a frying pan over a medium heat, spraying some low-calorie cooking spray to the pan. Once hot, add the beaten eggs to the pan and scramble them for about a minute.
4. Add the now cooked rice to the scrambled egg and stir thoroughly.
5. Now add the soy sauce and mix thoroughly into the rice/egg mix.
6. Serve straight away.

## Helpful Tips:

- To have as a main meal, veggies could be added. This will increase the nutritional value as well as boosting the flavour. Examples could be, spring onions, sweetcorn, peas, peppers, mushrooms, carrots etc..
- If egg isn't your thing, remove it! The rice will still be just as nice without the egg.