

## Simple Fried Rice 2 Ways

### Ingredients:

- 2 cups Spekko Long Grain White Rice

### For the Sweet and Sour Chicken Fried Rice:

- 1 cup cooked Spekko Long Grain White Rice
- 1 tbsp olive oil
- 2 chicken breasts, cubed
- $\frac{3}{4}$  cup sweet chilli sauce
- 1 red pepper, diced
- 3 spring onions, sliced
- $\frac{1}{2}$  cup frozen peas
- 1 carrot, diced
- 2 eggs
- 2 tbsp soy sauce
- Salt and pepper

### To Garnish:

- Cashew nuts
- Lemon wedges
- Fresh coriander

### Method:

1. Cook the rice according to the pack instructions & set aside.

### For the Sweet and Sour Chicken Fried Rice:

1. Heat olive oil in a frying pan, season the chicken with salt & pepper and pan fry.
2. Add  $\frac{1}{2}$  cup sweet chilli sauce to the pan, stir through the chicken until the chicken is coated, once cooked through set aside.
3. Wipe the pan clean before adding the diced red pepper, spring onion and peas to the pan. Pan fry until cooked. Using a spatula push all of the cooked vegetables to the side of the pan.
4. In a separate small bowl, beat the eggs and pour into the cleared half of the pan. Scramble the eggs and mix with the rest of the vegetables.
5. Add 1 cup of the cooked rice, cooked chicken pieces, soy sauce, remaining sweet chilli sauce, and pepper to taste.
6. Continue to cook until the rice is slightly crispy. Serve & ENJOY!

### For the Soy Beef Fried Rice:

- 1 cup cooked Spekko Long Grain White Rice
- 2 tbsp olive oil
- 2 garlic cloves, crushed
- 2 tsp ginger, crushed
- 1 onion, diced

- 450g steak, sliced into strips
- 1 cup mushrooms, sliced
- 2 cups broccoli florets
- ½ cup soy sauce
- 2 eggs
- Spring onion, to garnish

Method:

For the Soy Beef Fried Rice:

1. Add the crushed garlic and ginger and cook for 30 seconds in olive oil.
2. Add the onion pan fry until translucent.
3. Add the beef strips to the pan and continue to cook for 3 – 4 minutes.
4. Open and stir in half of the soy sauce. Stir to combine and remove the beef
5. Stir in half of the soy sauce. Stir to combine and remove the beef from the pan.
6. Add the broccoli and mushrooms to the same pan and cover. Let cook for a few minutes until the broccoli is slightly tender.
7. In a separate bowl, beat the eggs and pour into the cleared half of the pan.
8. Scramble the eggs and mix with the rest of the vegetables.
9. Add the cooked rice, remaining soy sauce and the cooked beef strips.
10. Combine well and let the rice cook until it is slightly crispy.
11. Garnish with chopped spring onion, serve & ENJOY!