

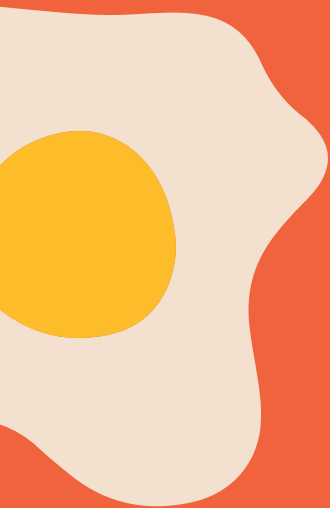
**FULL  
TIME**

GET COOKING WITH  
MARCUS AND TOM



This week, let's fill up on...

# EGG FRIED RICE



**48**



# EGG FRIED RICE



## INGREDIENTS

- 1 mug of basmati rice
- 1 onion
- 2 tbsp vegetable oil
- 1 mug of frozen mixed vegetables [such as diced carrot, peas, peppers]
- 2 tsp curry powder
- 1 reduced salt vegetable stock cube
- 1 tsp low-salt soy sauce
- 3 eggs

### To serve (optional):

- 2 spring onions



An easy and tasty alternative to your favourite takeaway – without taking anything away!

## METHOD

### 01

Bring a saucepan of water to the boil. Pour the mug of rice into a sieve and rinse it under running water, then add it to the boiling water and cook for 8 minutes. Once cooked, drain the rice in a sieve and set aside.

### 04

Using a wooden spoon, push the rice and vegetables to the edge of the pan. Beat the eggs with a fork in a small bowl and add this to the middle of the pan. Once it starts to set, gently stir it around the pan, folding it through the rice mixture.

### 02

Peel and roughly chop the onion, then heat the vegetable oil in a large non-stick frying pan and, once hot, add the onion and cook for 3-4 minutes to soften. Add the frozen vegetables to the pan, then turn up the heat and fry for a couple of minutes.

### 05

Spoon the egg fried rice onto plates and serve with an extra splash of soy sauce. If using spring onions, slice these up and scatter over.

### 03

Stir in the curry powder and cook for a couple of minutes, then crumble in the stock cube, mix together and then add in the cooked rice to the pan. Stir-fry for 2-3 minutes until the rice has started to take on some colour, then add in the soy sauce.

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Find out about the Healthy Start Voucher Scheme at [www.endchildfoodpoverty.org](http://www.endchildfoodpoverty.org)

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