



Fried Rice with Chicken

PREP TIME 15 MINS | READY IN ABOUT ½ HOUR | SERVES 4

2 tablespoons canola oil
5 teaspoons chopped fresh ginger
2 to 3 cloves thinly sliced garlic
1 yellow onion, thinly sliced
1 cup small-chopped broccoli
½ teaspoon salt
1 chopped red or yellow pepper
2 eggs
3 cups day-old white rice
1½ cups shredded cooked chicken
2 to 3 tablespoons soy sauce
1 tablespoon sesame oil

1. Heat the oil in a large non-stick frying pan over medium-low heat. Add the ginger and garlic and cook, stirring often, 2 minutes or until softened.
2. Add the onion and cook another 2 minutes, increasing the heat if the onion isn't sizzling gently. Add the broccoli and salt and cook another 2 minutes. Add the peppers and cook 1 minute. Stir in the rice and cook, stirring often, 2 to 3 minutes or until rice is very hot.
3. Make a little space in the centre of the pan and crack in the eggs. Using a wooden spoon or silicone spatula, mix up the eggs. They will start to cook, so start stirring quickly into the rice, stirring until the egg cooks and the pan looks dry.
4. Stir in the chicken and cook until everything is piping hot. Remove from the heat and stir in the soy sauce and sesame oil. Serve immediately.

Tip: Day-old rice works best, but if you're desperate for fried rice now, cook the rice, spread it out on a baking sheet and pop it in the fridge to cool completely before using it.