

Egg Fried Rice

Serves 2

- 2 eggs (or vegan substitute)
- 1 tablespoon peanut oil
- 2 cups rice/quinoa cooked, cold
- 2 teaspoons soy sauce
- ¼ teaspoon five spice powder
- 1 teaspoon sesame oil
- 2 tablespoons diced onion
- 2 tablespoons chive/green onions, chopped
- 1 cup frozen mixed vegetables



Beat eggs in a small bowl. Heat a frying pan/skillet with ½ tablespoon of the peanut oil over medium heat. Scramble beaten eggs until just done and still slightly moist. Transfer the eggs to a dish and slice into strips.

Add remaining ½ tablespoon of peanut oil to frying pan/skillet. Use spatula to scrape up the remaining egg. Add the onions and cook them for about 1 to 2 minutes, stirring constantly. Add chives/green onions and then add the frozen mixed vegetables.

Add the cooked rice to the pan and cook for several minutes, until heated through.

In a small bowl, combine the sesame oil with the soy sauce and a dash of the five spice powder. Pour into pan and stir until rice mixture is an even brown colour. Stir in scrambled egg strips.