

Egg-fried rice



Ingredients

- 1 egg
- 4 tbsp olive oil
- 200g/7oz long-grain rice
- ½ tin sweet corn
- 4 spring onions, finely chopped
- ½ red pepper
- 1-2 tsp soy sauce
- Ground pepper

Preparation method

1. Beat together the egg and olive oil (2 table spoons) and put to one side.
2. Put rice on to cook – when cooked drain and run under cold tap.
3. Heat the olive oil in a wok or large frying pan. When it's shimmering and almost smoking, add the rice and stir-fry for about 3-4 minutes until completely heated through.
4. Add the sweet corn, spring onions and peppers.
5. Stir-fry, turning the rice constantly around the pan, for about 3 minutes. Season well with soy sauce and pepper, then push to one side of the pan.
6. Pour the beaten egg mixture into the other side and leave for about 10 seconds so it begins to set. Using a chopstick, briskly swirl around the egg to break it up and then toss around with the rice.
7. Stir-fry for a further minute and serve straight away.