



Egg Fried Rice

Serves 1

Prep time: 5 minutes

Cooking time: 20 minutes

Per portion

Calories: 286

Fat: 6.8g

Saturates: 1.6g

Carbs: 44g

of which sugars: 5g

Salt: 0.22g

Ingredients:

- 45g basmati rice
- 25g frozen peas
- 25g frozen sweetcorn
- 1/2 small onion, peeled and diced
- 1 small egg - beaten
- rapeseed oil

Instructions:

Cook the rice in a pan of boiling water 2 minutes before the rice is cooked add the peas and sweetcorn, cook for two more minutes drain.

Heat a non-stick frying pan and add a couple of sprays of the rapeseed oil. Add the onion and cook for 2-3 minutes. Add the rice/pea/sweet corn mixture, stir and cook for a further 1-2 minutes.

Move the rice to the edge of the pan and add another spray of oil to the visible pan area, pour in the egg, leave for 10 seconds then mix quickly into the rice mixture until the rice is coated.

Serve straight away

TIP: using basmati rice rather than ordinary long grain rice reduces the glycaemic index, which is particularly important if you are trying to restrict the sugars in your diet