

GF Friendly

Easy Fried Rice

An easy and versatile one-pan fried rice

This looks similar to BSR02 Chicken Stir-fry, except it is quicker and easier to cook. The main difference is that the rice is not cooked and flushed first; rather it is done in the pan with the chicken stock. The vegetables are whatever you prefer and have to hand; same with the meat. I used some cooked chicken and a cooked sausage; but ham, bacon and leftover roast beef or pork would be ideal. Vegetarians can simply substitute more vegies for the meat.

½ cup white rice
 1¼ cups warm water
 1 cup of chopped cooked meat
 2 tsps chicken stock powder
 1-2 tsps spices of choice
 1 tsp minced or powdered garlic
 ½ onion, finely chopped
 1 stick celery, thinly sliced
 1 Tbsp olive oil, or other
 1 tsp table spread or margarine



Mix the chicken stock powder with the warm water and keep handy. In a frying pan or wok, warm the garlic and spices in the oil and table spread until it has melted. Put in the rice and stir-fry for about 3 minutes. Add the vegetables and stir-fry with the rice for 5 minutes. Pour in the stock, combine well and stir occasionally while bringing to the boil. Turn down to simmer covered for 15 minutes until the rice has cooked. If the rice isn't quite soft enough, add a bit more water and cook a little longer. Check occasionally to ensure it doesn't stick to the bottom.

Serves 2

if the cooked meat is out of the freezer, don't freeze

Tip: I often have a bit of meat left over after serving our meal; so I bag this and freeze it to be used later in dishes like this one.

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