

GF Friendly

Malaysian Fried Rice
a sweet and spicy Asian dish

- 1 chicken breast fillet
- 3 cups cooked white rice (cold)
- 3 eggs
- 1 Tbsp milk
- 1 medium onion
- 2 cups frozen mixed vegetables
OR thinly sliced fresh vegies
- 1 tsp minced garlic
- 1 tsp minced ginger
- 1 Tbsp Soy sauce
- 1 Tbsp Oyster sauce
- 1 Tbsp Black Bean sauce
- 1 Tbsp tomato sauce ½ tsp chilli powder ½ tsp turmeric 2 Tbsps extra virgin olive oil
- 15g butter



Trim any fat and sinew from the chicken, then cut into small strips about 1cm X 3 cm (3/8" X 1½"). Peel onion and chop finely. Mix the 4 sauces together in a small dish. Lightly beat the eggs in a bowl with the milk. In a wok or deep fry pan, melt the butter in 1 teaspoon of the oil, then scramble the eggs until just dry. Remove from the pan into the bowl and set aside.

Add a little more oil to the pan and stir-fry the chicken strips for about 3 minutes until cooked. Set these aside also.

Put the remaining oil in the pan with the garlic, ginger, chilli powder and turmeric. Stir-fry these for 2 minutes, then add the onion and vegetables. Stir-fry over a medium heat until cooked to your taste (softening or crunchy). Pour in the sauces and mix well through the vegies while continuing to cook. Add the chicken to the pan and stir for 1 minute before putting in the rice. Toss this until the rice is **properly** heated through, then put in about 2/3 of the scrambled eggs, and continue stirring for a further two minutes.

Pile onto warmed plates and top each with the remaining scrambled eggs.

Serves 4-6 as a main course

Freezes well

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