

## **Fried Rice**

### **Ingredients**

4 cups Rice cooked and chilled  
3 1/2 tablespoons butter, divided  
2 large eggs, whisked  
2 medium carrots, peeled and diced  
1/2 cup corn  
1 small white onion, diced  
3-4 mushrooms thinly sliced  
1/2 cup frozen peas  
3 cloves garlic, minced  
Salt and black pepper  
3 green onions, thinly sliced  
3–4 tablespoons soy sauce, or more to taste  
2 teaspoons oyster sauce  
1/2 teaspoons toasted sesame oil  
200-300g - Chicken, prawns, ham/bacon diced or beef mince (optional)

### **Instructions**

Heat 1/2 tablespoon of butter in a large sauté pan over medium-high heat until melted.

Add egg, and cook until scrambled, stirring occasionally, remove egg, and transfer to a separate plate.

Add an additional 1/2 tablespoon butter to the pan and heat until melted, add carrots, peas, corn.

Sauté for 5 minutes until the carrots are soft, remove and transfer to a separate dish.

Add an additional 1/2 tablespoon butter to the pan and heat until melted.

Add onion and garlic, and season with a generous pinch of salt and pepper.

Sauté for about 5 minutes or until the onion are soft, remove and transfer to a separate dish.

Add an additional 1/2 tablespoon butter to the pan and heat until melted.

Add mushrooms Sauté for about 3 minutes remove and transfer to a separate dish.

Increase heat to high, add in the remaining butter, and stir until melted.

Immediately add the rice, green onions, soy sauce and oyster sauce, and stir until combined.

Continue sautéing for an additional 3 minutes to fry the rice, stirring occasionally.

Add peas, carrots and onions to pan cook until heated back through.

Then add in the eggs and stir to combine.

Remove from heat, and stir in the sesame oil until combined.

Taste and season with extra soy sauce, if needed.

Serve immediately, or refrigerate in a sealed container for up to 3 days.

**Notes:**

Rice is best if cooked day before.

Cook everything separate then bring it all together at the end to heat through.

Additional meat protein is optional; you can use precooked BBQ chicken.

Add vegies of your choice add remove to suit taste.