

Prawn Fried Rice

CAL: 408 PROTEIN: 23 CARBS: 52 FIBRE: 4 FAT: 12



Prawn Fried Rice



SERVES:

4



TIME:

25 minutes



INSTRUCTIONS

Start by boiling rice and cooking according to packet instructions. Once all the water has evaporated, transfer rice to a bowl.

Cook the frozen vegetables either in a fry pan or in the microwave, again following the packet instructions.

Next, in a large wok, add the vegetable oil and chilli and cook for 30 seconds before pouring the cooked rice into the wok. Cook for 1-2 minutes, then push rice to one side and pour the beaten eggs and gently stir to scramble them.

Poor the cooked vegetables into the wok, along with the cooked prawns and add the soy sauce and chilli sauce. Cook for an additional 2 minutes, then serve immediately in four bowls.

INGREDIENTS

300g basmati rice

2 tbsp vegetable oil

2 red chillies, diced

2 eggs, beaten

1/2 brown onion, diced

250g frozen bag of mixed vegetables

285g pack cooked small prawns

1 tbsp soy sauce (or tamari if gluten-free)

1 tsp chilli paste

MACROS

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Protein: 23

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