

SPECIAL FRIED RICE



**SANDY
TANG**

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Fried rice is a staple in many Chinese households. Quick and easy to cook, but packed with deliciousness. Remember you can always be creative by using your leftovers in the fridge”

Ingredients – Serves 2 (4 as a side dish)

1 chicken breast (roughly 250g), diced (marinated with 1 tsp ground white pepper and pinch of salt)

2 eggs

1 tbsp ginger, finely diced

1 tbsp garlic, finely diced

4 cups cooked rice (best if it has been refrigerated overnight before cooking)

1 tsp sesame oil

1 tsp ground white pepper

Salt

100g prawns/ shrimps

50g frozen peas, defrost before cooking

2 shoots of spring onion, chopped (white for cook, green for garnish)

2 tbsp vegetable oil

Method:

1. Warm the oil in a heated pan. Then add the diced chicken breast, stir fry for few minutes until they are cooked. Remove from pan and reserve for later use.
2. Add some more oil to the pan. Once it's heated up, add the cooked rice. Beat the eggs. Make a hole in the centre of the rice and add the eggs. Stir fry for few minutes, until the rice is evenly coated with egg. Remove from pan.
3. Again, reheat some more oil. Add garlic, ginger, peas and spring onions, stir fry for few minutes. Add the prawns and sauté until cooked through, then add the cooked rice and cooked chicken pieces. Season with ground white pepper and salt to taste. Last, add sesame oil to the fried rice. Give it a final stir.
4. Garnish with spring onions.



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