

Chicken Fried Rice

Ingredients

- 600g cooked and cooled rice
- 2 tbsp sesame oil (or regular cooking oil)
 - 2 tbsp dark soy sauce
 - 2 beaten eggs
- Cooked chicken (from extra chicken portions)
 - 200g mixed vegetables
 - 2 spring onions, sliced

Methods

- 1.** Heat the oil in a large wok.
- 2.** Add the cooked and cooled rice and dark soy sauce.
- 3.** Cook over high heat for 5 minutes.
- 4.** Add the cooked chicken, mixed vegetables, and additional soy sauce.
- 5.** Cook for 5 minutes, stirring continuously.
- 6.** Push the rice to the side and add the beaten eggs.
- 7.** Cook until starting to scramble, then quickly stir them through the rice.
- 8.** Add more soy sauce and sliced spring onions, stirring thoroughly.