

## Egg Fried Rice

### Ingredients

250g pack of microwave rice  
2 spring onions  
1 pepper  
40g peas  
1 egg  
Soy sauce to serve.  
1 tblsp oil

### Notes

- **Don't forget your apron!**
- **Bring a plastic container to put your egg fried rice in to take home/eat for lunch.**
- **Check allergies of consumer before serving.**

### Method

1. Finely dice the spring onions and pepper
2. Put oil in the bottom of a frying pan and place over a medium/high heat.
3. Add the peppers and spring onions and saute until soft.
4. Add the peas and cooked rice. Stir fry until the rice and peas are warmed through.
5. Make a well in the middle of the frying pan and crack in the egg. Allow it to cook.
6. Mix up the egg into the rice and vegetables.
7. Remove from the hob and stir through a little soy sauce.
8. Serve.



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