

Egg Fried Rice

This Egg Fried Rice is a simple, tasty dish made with Pace Farm scrambled eggs, long-grain or basmati rice, crisp vegetables, and a touch of soy sauce. Perfect for a quick lunch or dinner, it’s full of colour, flavour, and protein. Optional ingredients like peas and ginger add extra freshness. Easy to prepare in under 35 minutes, this egg fried rice is a versatile, wholesome, and satisfying meal for any occasion.

Prep:	20 min
Cooking:	15 min
Serves:	2
Makes:	1

Ingredients

- 150g/5½oz long grain rice or basmati rice
- 2 tbsp vegetable oil
- 2 large Pace Farm eggs beaten
- 1 small onion, finely chopped
- ½ red pepper, finely chopped
- 2 garlic cloves, crushed
- 3cm/1¼in piece fresh root ginger, peeled and grated (optional)
- 2 spring onions, finely sliced
- 50g/1¾oz frozen peas, defrosted (optional)
- 1 tbsp light soy sauce
- salt and black pepper

Method

1. Add the rice and 300 ml of water in a pan and bring to the boil.
2. Allow simmering for 10 minutes.
3. Drain off any excess water and leave to steam dry in the pan.
4. Over medium heat and the oil to a frying pan and then stir in the eggs until they are scrambled eggs.
5. Set to the side.
6. Over high heat add the remaining oil to a pan and add in the peppers and onions.
7. Season with salt and pepper and add in garlic and ginger.
8. Fry for approximately two minutes.
9. Reduce heat and add in the onions, peas, scrambled eggs, rice and soy sauce.
10. Combine together and cook for a further 5 minutes.