

Egg Fried Rice

A quick, filling main made for a homegrown egg glut

DIFFICULTY Easy

COURSE Main

CUISINE Chinese-inspired



PREP
15 min



COOK
15 min



TOTAL
30 min



SERVES
5



FREEZES WELL
Yes

01 Ingredients

- 500g cooked rice, cold
- 8 large eggs
- 1 carrot, diced
- 1 onion, diced
- 125g corn kernels
- 125g peas
- ¼ cup oyster sauce
- ½ tsp fish sauce
- ¼ cup soy sauce
- 3 tbsp sesame oil
- ½ tsp white pepper
- 1 tbsp olive oil

02 Method

1. Stir the oyster sauce, fish sauce, soy sauce, sesame oil and white pepper together in a small bowl and set aside.
2. Heat half the olive oil in a large wok or frying pan over medium-high heat. Beat the eggs, pour them in and cook, stirring, until just set. Tip onto a board and shred or chop into small pieces.
3. Add the remaining olive oil to the pan, then the carrot and onion. Cook for 4-5 minutes until softened.
4. Add the peas and corn and cook for 2 minutes, then break up the cold rice with your fingers and add it to the pan, stirring and tossing for 3-4 minutes until hot and starting to colour.
5. Pour the sauce mixture over the rice and toss until every grain is coated, then stir the shredded egg back through. Taste, and serve straight away.

04 Common mistakes

- **Using freshly cooked rice** — it steams and turns gluey instead of frying; use cold, day-old rice or chill it first.
- **Cooking the eggs into the rice** — scrambling them straight through makes them rubbery and hard to distribute; cooking them separately and shredding gives soft, even pieces.
- **Overcrowding the pan** — too much rice at once steams rather than fries; use the largest pan you have, or cook in two batches.

03 Notes & substitutions

- Day-old rice from the fridge works far better than freshly cooked - fresh rice is too wet and clumps. If you have to use fresh, spread it on a tray and cool it in the fridge for an hour first.
- Frozen peas and corn go straight into the pan - no need to thaw them.
- Add leftover chicken, ham, prawns or a few strips of bacon for extra protein.
- Spring onions, a little grated ginger or a clove of crushed garlic added with the carrot all work well.

05 Storage & leftovers

FRIDGE	Cool quickly, refrigerate within an hour, and eat within 1 day. Rice can carry bacteria that survive cooking, so do not leave it out.
FREEZER	Freezes well in portions for up to 1 month - cool it fast first.
REHEATING	Heat in a hot pan or the microwave until piping hot all the way through, and only reheat once.