

EGG FRIED RICE 鸡蛋炒饭

Makes 600gr egg fried rice

Preparation time: 30 minutes

Cooking time: 10-15 minutes



In some areas of China, we eat egg-fried rice for breakfast. This is often made from the leftover rice eaten the day before for dinner.

Tip: Cook the rice according to instructions on the package. Ideally, cook the rice the day before, however in a pinch, rice can be prepared on the same day. Take care not to make the rice too wet or mushy. Mushy: this will not be good for the fried rice.



INGREDIENTS

2 eggs

3 tablespoon sunflower oil

500g cooled, cooked rice

50g chopped spring onions

1 tablespoon soy sauce

Salt and ground white pepper

1 teaspoon sesame oil

Tools:

1 wok

THE METHOD

Break two eggs in a bowl and whisk the eggs together with a pinch of salt.

Heat up the wok and add in 3 tablespoon of sunflower oil. Pour in the beaten egg and scrambled.

Add in the cooked rice and mix it well with the scrambled egg. Add in the spring onions and season it with 1 tablespoon soy sauce, a pinch of ground white pepper and salt to taste. Switch off the heat and drizzle with 1 teaspoon of sesame oil.

Mix well and transfer to a plate.

Serve warm.