

# Egg Fried Rice

## ***Ingredients***

- 1 onion
- 1 red pepper
- 10ml of oil
- 150g rice
- 550ml water
- 4 shakes of soy sauce
- 1 clove of garlic
- 1 tsp of Chinese 5 Spice
- 50g peas
- 1 egg

## ***Equipment***

- Green chopping board
- Sharp knife
- 2 x Saucepans OR Frying pans
- Wooden spoon
- Garlic crusher

1. Using the green chopping board peel and chop the onion, dice the red pepper and peel and crush the garlic.
2. Gently heat the oil in a frying pan.
3. Fry the onion, pepper and garlic until soft.
4. Add the rice and stir fry for 1 minute.
5. Add the water and bring to the boil.
6. When the rice is nearly cooked add the peas.
7. In a separate frying pan cook your egg. Stir continuously to scramble it.
8. When the egg is cooked add it to your rice.
9. Add 4 shakes of soy sauce and 1 tsp of Chinese 5 Spice.
10. Serve!