

Session 6

VEGETABLE FRIED RICE



Serves 2 Prepare: 5mins Cook: 20mins

This rice recipe is a great tasting, but easy-to-cook meal! Or serve as part of a meal, with your own meat or alternative on the side.

INGREDIENTS

150g dried rice	19.4p
1tsp oil	3p
1tsp garlic puree	5p
140g Chopped Fresh or Frozen Peppers	28p
Handful of broccoli florets	21p
1 egg, beaten	15p
Light Soy Sauce	24p

Total: £1.16p / 58p per person

Tip: Give this dish some variation by using your own favourite vegetables, or even add some cooked chicken!

METHOD

1. Cook rice as per cooking instructions
2. Place in the fridge to cool quickly
3. Heat oil in frying pan over a high heat
4. Add garlic puree and stir briefly
5. Add the peppers and broccoli florets, stir fry for approx. 3 minutes
6. Add the rice, and stir fry for another 3-4 minutes
7. Make a well in the Centre of the rice and add the beaten egg
8. Cook for 1 minute, then stir the egg into the rice.
9. Season to taste and serve.
10. Drizzle with soy sauce and enjoy!

This recipe forms part of our 'Eat Well Spend Less' cookery class. This is part of Trussell Trust's 'More Than Food' project, widening support given by foodbanks beyond emergency food.

Prices per portion are based on prices taken from Tesco.com website. Prices correct at time of publication.

