

# Fried Rice

**Serves:**2-4

**Preparation Time:** 10-15 minutes

**Cooking Time:** 50-60 minutes

## Ingredients

1 cup Medium Grain Rice  
2 cups Water  
1 tbsp Oil  
1 Egg, beaten  
¼ Onion, diced  
1 tsp Crushed Garlic  
1 piece Bacon  
¼ Capsicum, red  
¼ Carrot, diced  
¼ tsp Vegetta  
2 tsp Soy Sauce  
Spring Onion OR Parsley



## Method

1. Place rice and water in a small saucepan, stir on medium heat until boiling. When boiling reduce heat. When the rice has absorbed nearly all of the water remove from the heat and place the lid on the saucepan and leave for approximately 20 minutes.
2. In frying pan add a small amount of oil on a medium heat, when heated add beaten egg and cook an omelette. When the omelette is cooked, place on chopping board and cool slightly. Cut egg into ribbons and set aside.
3. Prepare vegetables by cutting into a small dice, cut the bacon into a small dice. When the rice is ready, heat oil in frying pan, when ready add your vegetables and cook quickly, add garlic stir thoroughly add bacon and cook.
4. Add rice and turn down the heat to low, stir ingredients thoroughly, add Vegetta and soy sauce, stir quickly making sure the colour is evenly spread throughout the rice.
5. Lastly add the egg and garnish. Turn flame off and stir throughout.
6. Serve in bowls.