

FRIED RICE (GLUTEN FREE)

Fried Rice is a super simple and satisfying option for dinner!

EASY	5 MINS	15 MINS	4

Ingredients

- 3 cups cooked Koala Rice
- 2 whisked eggs
- 1 tbsp olive oil
- 300g Primo Bacon Pieces
- 1/2 tsp of minced garlic
- 1/2 cup diced onion
- 1/2 cup sliced carrots
- 1 1/2 cup McCain Frozen Vegetables(peas,corn,broccoli,beans)
- 1/4 cup diced capsicum
- 1/4 cup gluten free soy sauce
- 1 tsp sesame oil

Instructions

1. Heat 2 tsp of olive oil in a large frying pan over medium heat
2. Add the onion, minced garlic and bacon and cook for a minute
3. Add peas, beans, corn, carrots, broccoli and capsicum and cook for a further 2 minutes
4. Add cold cooked rice to the frying pan and combine with the vegetables and bacon
5. Push the rice to the side of the frying pan and scramble the egg in the pan
6. Once the egg is cooked mix together with the fried rice
7. Slowly add remaining olive oil, sesame oil and gluten free soy sauce, stirring to combine