KIKKOMAN

Egg fried rice

Total time **30 mins** **20 mins** preparation time **10 mins** cooking time

Nutritional facts (per portion):
2,233 kJ / 533 kcal

Fat: **36.5 g** Protein: **12.8 g**
Carbohydrates: **35.2 g**

INGREDIENTS

2 portion(s)

1	small red chilii pepper, finely diced
1	carrot, in cubes
1	white onion, in cubes
0.5 bunch	spring onions, finely sliced
2	eggs, beaten
1	clove of garlic, finely diced
15 g	ginger, finely diced
200 g	cooked, cooled basmati rice (or leftover rice from the last meal)
5 tbsp	frying oil
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tbsp	Kikkoman Toasted Sesame Oil

For the topping:

2	spring onions, finely sliced
3	stalks coriander, leaves plucked off

PREPARATION

Step 1

Fry chilli pepper in 1 tbsp hot oil in a wok and set aside.

Step 2

Add carrot and onion with 1 tbsp oil to the remaining frying fat and fry as well. Add spring onions, sauté then remove all.

Step 3

Clean or wipe out the wok.

Step 4

Fry beaten eggs in 1 tbsp of hot oil in the wok, remove and clean the wok again.

Step 5

Fry ginger and garlic in the remaining hot oil. Add the rice and fry.

Step 6

Add the fried vegetables and fry briefly. Fold in the egg and season everything with Kikkoman soy sauce and Kikkoman sesame oil.

Step 7

Top the fried rice with spring onions, coriander and chilli oil and serve.