

Spicy egg fried rice with vegetables & harissa

Total time **25 mins** 10 mins preparation time 15 mins cooking time

Nutritional facts (per portion):
2,428 kJ / 580 kcal

Fat: **14 g** Protein: **21 g**
Carbohydrates: **90 g**

INGREDIENTS

2 portion(s)

450 g	pre-cooked rice
1	onion
3	garlic cloves
3 cm	fresh ginger
1	carrot
100 g	broccoli
0.5	red pepper
0.5 bunch	of spring onions
100 g	frozen green peas
1 tsp	harissa paste
150 ml	<u>Kikkoman Naturally Brewed Soy Sauce</u>
2	eggs
	Oil for cooking (e.g. rapeseed)
Garnish:	
0.5	lemon or lime (cut into slices)

PREPARATION

Step 1

Cut the onion into thin strips. Chop the garlic, and finely chop or grate the ginger. Peel the carrot and cut it into cubes or matchsticks. Divide the broccoli into small florets. Dice the pepper. Chop the spring onion. Rinse the frozen green peas with warm water to thaw them.

Step 2

Heat the wok and add a little oil. Add the sliced onion, garlic and ginger. Stir-fry briefly until fragrant. Add all the vegetables except the spring onions and stir-fry for about 1 minute. Crack in the eggs and continuously stir-fry until they are fully cooked. Add the rice and mix thoroughly. Finally, add the Kikkoman Soy Sauce, harissa paste and spring onion. Mix well and serve.

Step 3

Serve with a slice of lemon or lime.