



Fried rice with egg

Serving portion

- ▶ Total 200 - 210g
- ▶ Fried rice 150g
- ▶ Egg 50 - 60g

Info: Form a hole into the centre to place the raw egg. Chilli, fried shallots, spring onions and/or coriander may be used for garnishing.

Cooking cycle

Top Temp.	Bottom Temp.	Total Time
249°C	230°C	0.12
Microwave	Bef/After	Flex
0.12	Before	On



Ingredients (10 portions)

- ▶ Steamed rice (cooled in the fridge for at least 24 hours) 1kg
- ▶ Oil 65g
- ▶ Onion (Cubed) 30g
- ▶ Chinese chives 40g
- ▶ Carrot (Cubed) 100g
- ▶ Spring onion 20g
- ▶ Red chilli padi (Chopped) 5g
- ▶ Garlic (Chopped) 15g
- ▶ Sesame oil 20g
- ▶ Dark soy sauce 5g
- ▶ Light soy sauce 50g
- ▶ Oyster sauce 30g
- ▶ Sugar 5g
- ▶ Egg 3



Process

1. Cut all vegetables into fine cubes or thin slices.
2. Heat 50g of oil in a large pan and add the rice. Spread out the rice so it all heats through and then toss until coated well with oil. Remove and set aside.
3. Add the remaining 15g of oil into the hot pan and fry the vegetables until fragrant.
4. Add the rice and mix well before combining with the sesame oil, light and dark soy sauces, oyster sauce and sugar.
5. Create a hole in the middle of the fried rice and add the eggs. Scramble the eggs and mix well with the rice until cooked.
5. Place into the air-o-chill and store.