

Barney's Monday night rice

INGREDIENTS

- 2 tbsp vegetable oil
- 1 egg, beaten with about 2 tbsp water
- 1 onion, chopped
- 2 garlic cloves, crushed
- 1 heaped tbsp curry powder
- 2 tbsp tomato ketchup
- a large handful of frozen peas (about 85g/3oz)
- 250g leftover cold cooked rice (any type) or a 250g pouch of ready cooked rice
- 175g cooked chicken or pork, shredded into strips
- a good splash of soy sauce

DIRECTIONS

1. Heat half the oil in a large non-stick frying pan over a highish heat. Pour in the beaten egg, swoosh it around the pan and leave it to set for a minute. Flip it over like a pancake and let it cook for a minute more on the otherside, then tip it out flat on to a plate.
2. Heat the remaining oil in the same pan. Tip in the onion and sizzle for 3-4 minutes until it's starting to brown, then stir in the garlic, curry powder and ketchup. Add the peas and cook for a minute or two until they start to defrost. Tip in the rice, cooked meat and a glass of water (100ml/3 1/2 fl oz) and cook over a medium heat for 5-6 minutes, stirring as you go, until everything's piping hot and the rice has taken on the colour of the curry powder.
3. While your rice is frying, shred the omelette into long strips. Toss the omelette and soy sauce through the rice and cook for a moment more. Scoop the rice on to plates straight from the pan and serve with extra soy sauce for sprinkling over.