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|  | **Ingredients** | **Step** |
| Chicken egg-fried rice | * 1 tsp [vegetable oil](https://www.bbc.com/food/vegetable_oil) * 1 large free-range [egg](https://www.bbc.com/food/egg), lightly beaten * 2 [spring onions](https://www.bbc.com/food/spring_onion), sliced * 50g/1¾oz frozen [peas](https://www.bbc.com/food/pea) * 250g pouch microwavable [rice](https://www.bbc.com/food/rice) * large handful leftover roast [chicken](https://www.bbc.com/food/chicken) (or shop-bought cooked [chicken](https://www.bbc.com/food/chicken)), shredded * 1 tsp toasted [sesame oil](https://www.bbc.com/food/sesame_oil) * 1 tbsp dark [soy sauce](https://www.bbc.com/food/soy_sauce) | 1. Heat half the oil in a wok or large frying pan over a high heat until it just starts to smoke. Add the egg and quickly stir-fry until just under-cooked. Remove from the wok and set aside. 2. Heat the rest of the oil in the wok and add the spring onions and frozen peas. Stir-fry until the peas have defrosted. 3. Squeeze the rice pouch a few times to break up the rice, then add the rice to the pan with the roast chicken. Stir-fry until the rice has started to crisp a little and the chicken is hot through. 4. Stir in the cooked egg, toasted sesame oil and soy sauce and serve. |