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|  | **Ingredients** | **Step** |
| Egg fried rice | * 150g/5½oz long grain [rice](https://www.bbc.com/food/rice) or basmati [rice](https://www.bbc.com/food/rice) * 2 tbsp sesame, vegetable or [olive oil](https://www.bbc.com/food/olive_oil) * 2 large free-range [eggs](https://www.bbc.com/food/egg), beaten * 1 small [onion](https://www.bbc.com/food/onion), finely chopped * ½ red [pepper](https://www.bbc.com/food/pepper), finely chopped * 2 [garlic](https://www.bbc.com/food/garlic) cloves, crushed * 3cm/1¼in piece fresh root [ginger](https://www.bbc.com/food/ginger), peeled and grated (optional) * 2 [spring onions](https://www.bbc.com/food/spring_onion), finely sliced * 50g/1¾oz frozen [peas](https://www.bbc.com/food/pea), defrosted (optional) * 1 tbsp light [soy sauce](https://www.bbc.com/food/soy_sauce) * salt and [black pepper](https://www.bbc.com/food/black_pepper) | 1. Tip the rice into a medium saucepan. Add 300ml/10fl oz water and bring to the boil. Reduce the heat, cover with a lid and simmer for 10 minutes. Remove from the heat, drain off any excess water and leave to steam dry, uncovered in the pan until ready to use. 2. Heat a tablespoon of the oil in a frying pan or wok over a medium heat. Add the eggs and cook, stirring, until scrambled. Transfer to a plate and return the pan to the heat. 3. Heat the remaining tablespoon of oil in the pan over a high heat. Add the onion and pepper, then season with salt and pepper. Fry for 2 minutes, then add the garlic and ginger, if using, and fry for a further minute. 4. Reduce the heat to medium, add the cooked rice, spring onions, peas, if using, scrambled egg and soy sauce. Toss together and cook for 3–5 minutes, or until heated through. |