

Fried rice (3-4 portions; 30 min)

Works best in a large wok. Put the rice on before you start the rest of the process.

Omit the frankfurters and omelette to make it vegan.

For gluten-free, omit the frankfurters and noodle flavouring, and use gluten-free soy sauce.

For the omm

3 medium eggs
ground black pepper
vegetable oil

Crack the eggs into a bowl, add black pepper to taste, and about 2 tablespoons of cold water. Heat the wok on high and add vegetable oil. Whisk the eggs while the oil heats and pour them in.

Once it's mostly cooked, turn it over. When both sides are done, use the frying spatula thing to roughly slice it into strips, and then across the strips into chunks. Tip into a bowl for later.

For the rice

sesame oil
vegetable oil

1 red onion
3 cloves garlic
large chunk of ginger (about the same volume as garlic)
pinch of chilli flakes (optional)
noodle flavouring (optional, e.g. from instant noodles)

3 frankfurters
500g frozen mixed vegetables (e.g. Sainsbury 'vegetable medley')
small handful of cashew nuts (optional)

2 cups cooked jasmine rice
dark soy sauce

Chop the garlic and ginger fairly finely, and chop the red onion into large chunks. Slice the frankfurters at an angle (so the pieces have a larger surface area to cook).

Heat (high) about 2 tbsp of sesame oil and 2 tbsp of vegetable oil in the wok. Add the chilli flakes and fry for a few seconds, followed by the garlic, ginger, and onion. Fry for a minute or so, stirring and breaking up any clumps of onion. Add frankfurters and fry for another minute.

Add the mixed vegetables and noodle flavouring, stir through, and spread the mixture along the sides of the wok to cook more quickly. Fry for about 3 minutes or until it seems hot throughout, mixing and respreading the mixture occasionally.

Tip the rice into the pan. Before mixing it in, drizzle 2 tbsp sesame oil and 2 tbsp dark soy sauce over it (or quantities to taste).

Add the previously-cooked omelette back in and the cashews, and give it a final mix. Add more sesame oil if it start sticking as you stir. Serve immediately.