

Edible Gems™

PURE DELICIOUSNESS

Edible Gems Chicken Fried Rice with Peas

Ingredients

4 tbsp olive oil
2 cups of cooked rice
(cook the rice the day before use)
300 grams of chicken tenderloins
250 gram pack of Edible Gem Fresh Peas
1 small purple onion chopped
1 small red capsicum chopped
1 small green capsicum chopped
1 corn cob, kernels cut
4 spring onions sliced
4 beaten eggs
½ tsp salt
¼ tsp pepper
4 tbsp of soy sauce



Instructions

Heat oil in a large frypan and cook chicken till brown both sides. Remove from pan, chop into small bite size pieces, set aside and keep warm. Add more oil & eggs and fry until cooked, remove from pan chop into small pieces, set aside and keep warm. Add more oil, add onion and capsicum and fry till coloured. Add rice, stir through then add soy sauce, salt and pepper, stir and cook for 2 minutes. Add peas, corn and spring onion, stir through. Add warm chicken and egg, stir through till warm and serve immediately.

Keeps well in the fridge for a few days. Great for BBQs , picnics and school lunches, or made into rice wraps.

For a vegetarian version, just leave out the chicken.

Serves 6 people

For stockists, visit: www.ediblegems.com.au

