

COOKING WITH CASTLE

MICROWAVE FRIED RICE

INGREDIENTS

- 1 egg
- 1 slices of ham
- 1 serve of instant rice
- ½ cup frozen mixed vegetables
- 1/2 tbsp soy sauce
- 1 tsp sesame oil
- Spring onion as garnish -optional



METHOD



1. Beat 1 egg & 1 tbsp water.
Microwave for 90 sec



2. Microwave 1 portion of
instant rice and break apart



3. Dice cooked egg &
1 slice of ham



4. Add veg, ham & egg to
rice, mix until combined



5. Add sesame & soy, mix
until combined



Microwave for 90 seconds