Malaysian fried rice
Malaysian fried rice

**INGREDIENTS**

**SERVES 2**
- ½ cup (110g) long-grain white rice
- 2 tsp sesame oil
- ½ red capsicum, thinly sliced
- 50g snow peas, thickly sliced
- 50g broccoli, cut into small florets
- 1 garlic clove, crushed
- 1 tsp finely grated fresh ginger
- 1 spring onion, thinly sliced
- 1 tsp kecap manis
- 2 eggs, lightly beaten
- ½ bunch Chinese broccoli, steamed, to serve
- ½ lime, cut into wedges

**METHOD**

1. Cook the rice following packet instructions or until just tender. Drain.
2. Heat a wok over high heat. Add oil and heat for 30 seconds. Add capsicum, snow peas and broccoli and stir-fry for 2 minutes or until just tender. Add garlic, ginger and spring onions and stir-fry for 1–2 minutes.
3. Add rice, kecap manis and stir-fry for 1–2 minutes or until rice is heated through. Cover to keep warm.
4. Lightly spray a large non-stick frying pan with oil and heat over medium heat. Add one-quarter of egg mixture and swirl to coat. Add one-half of egg mixture to serve 2. Cook for 1–2 minutes or until set. Turn and cook other side for 30 seconds. Transfer to a board. Repeat with remaining egg to make 3 more omelettes. Repeat to make 1 more omelette to serve 2. Roll omelettes and thinly slice.
5. Divide fried rice among bowls and top with egg and chilli sauce (if using). Serve with Chinese broccoli and lime wedges.

**SmartPoints®**

<table>
<thead>
<tr>
<th>SERVES 2</th>
<th>SERVES 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>9</td>
</tr>
</tbody>
</table>

**Preparation:** 15 mins  
**Cook:** 25 mins  
**Serve:** 40 mins  

Lactose free  
Pantry