



SUPER GREENS EGG FRIED RICE

Simple, healthy and delicious, this super easy egg fried rice contains 2 of your 5 a day. The addition of silky scrambled eggs brings the dish together to give some much needed comfort. This perfect midweek meal guarantees satisfaction!

Prep time 15 minutes | Cook Time 30 minutes | Serves 2

125g brown basmati rice

Vegetable oil

2 cloves garlic, peeled and sliced

1 thumb sized piece fresh ginger, peeled and finely chopped

10g fresh coriander, leaves picked and stalks chopped

75g tenderstem broccoli, stalks sliced and tips kept whole

75g baby sweet corn, halves

75g spring greens, washed and shredded

4 spring onions, trimmed and sliced

3 Clarence Court hens eggs, beaten

Reduced salt soya sauce

Sesame oil

½ lime

Cook the rice according to the packet instructions. Transfer to a sieve, run under cold water and place to one side. Alternatively use one pack of microwave ready to cook rice and there will be no need to precook.

Place a large frying pan on a medium heat, add 1 tablespoon vegetable oil followed by the garlic, ginger and coriander stalks.

Stir fry for 1 minute then add the broccoli and baby corn and stir fry for a further 4 minutes.

Add the spring greens, spring onions and rice then continue cooking for another 4 minutes. Then move all of the vegetable rice over to one side of the pan.

Add ½ tablespoon soya sauce to the eggs then tip the egg mix into the empty side of the pan. Scramble to your liking then toss together with the rice.

Sprinkle over a little sesame oil, scatter over the coriander leaves and serve with wedges of lime. Enjoy!



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