



## LEFTOVER FRIED RICE



### INGREDIENTS

- |                          |                                     |
|--------------------------|-------------------------------------|
| 3 cups cooked rice, cold | 1 tbsp garlic, chopped              |
| 2 eggs                   | 1 tbsp ginger, minced               |
| 2 tbsp olive oil         | 4-6 tbsp light soy sauce (to taste) |
| 1/2 cup celery, diced    | 2-3 tbsp oyster sauce               |
| 1/2 cup carrots, diced   | 2 tsp sesame oil                    |
| 1/2 cup onions, diced    | 2 green onions, sliced diagonally   |
| 1/2 cup peas             | 1 piece cooked salmon, flaked       |

### METHOD

1. In a large non-stick frying pan, heat half the olive oil. Break the egg into a bowl and whisk until well blended. Pour into the pan and allow to cook flat like an omelette. When fully cooked, roll up the egg and place on a cutting board to cool.
  2. Add the rest of the olive oil to the pan and add the celery, onions and carrots and sauté until softened. Add the peas and stir well. Add the garlic and the ginger to the pan and sauté for another minute, then add the rice.
  3. Stir the rice well to coat everything and allow the rice to heat through to piping hot! Add the soy sauce, oyster sauce, sesame oil and the flaked salmon and gently combine. Heat until the salmon is hot and then stir in the sliced green onions. Adjust seasoning as necessary and serve.
- \* This recipe is a guideline only, experiment with the ingredients you have around your house! No salmon? Try pork or chicken! No carrots? Try peppers, broccoli, or any vegetable you like!
- \* Use light soy sauce in dishes like this to control the sodium content.