

Serves 6

Ingredients

- 1 brown onion
- 2 sticks of celery
- 1 carrot
- 1 red capsicum
- 2 cloves of garlic
- 1 tablespoon olive oil
- 1 cup basmati rice
- 1 cup frozen peas
- 2 eggs
- 1½ tablespoons salt reduced soy sauce
- Spray olive oil



Method

1. Chop onion. Dice celery, carrot and capsicum. Crush garlic clove.
2. Pour rice into a medium sized saucepan. Add 2 cups of water and bring to the boil. Once boiling, reduce heat to low and simmer, covered, for 15 minutes or until all the water has been absorbed. Stir occasionally.
3. Crack eggs into a small dish, beat gently with a fork.
4. Lightly spray a wok or electric frypan with oil. Over medium-high heat, add the beaten egg and swirl to coat the base. Cook for 1 minute, or until the egg is cooked. Remove cooked omelette from pan and slice thinly. Set omelette aside.
5. Add onion and garlic to pan, stir-fry for 2 minutes or until the onion becomes soft. Add remaining vegetables and stir-fry for a further 3-4 minutes.
6. Add the rice and soy sauce and stir through for 2-3 minutes, until vegetables are tender and crisp. Serve fried rice with sliced omelette.

NUTRITION INFORMATION		
Servings per recipe: 6		
Average serving size: 202g		
	Per serve	Per 100g
Kilojoules (kJ)	814	404
Protein (g)	7.5	3.7
Total fat (g)	2.4	1.2
- Saturated fat (g)	0.6	0.3
Carbohydrates (g)	32.8	16.3
- Sugars (g)	5.0	2.5
Fibre (g)	5.1	2.5
Sodium (mg)	248	123

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines.