

Pineapple Fried Rice (Pattaya Style)



Serves 1

Ingredients:

½ rice bowl of raw chicken/prawns/pork (cut into small pieces and marinated in a little soy or oyster sauce, pepper and sugar) or ½ bowl of leftover meat cut into small pieces
4-6 tbsp of oil
salt and pepper
1 small onion
½ rice bowl mixed vegetables (cut into small pieces)
1 rice bowl of leftover cooked rice
1-2 tbsp of water
1tbsp of chicken powder or seasoning
1 tsp soy sauce
½ rice bowl of fresh or tinned pineapple (cut into small pieces)
handful of coriander/spring onion (cut into small pieces)
2 eggs
1 tbsp of cashew nuts (optional)
Chillies (optional)
Ketchup to serve

Method:

1. Heat oil in a wok or frying pan until fairly hot and add a pinch of salt and pepper.
2. Roughly chop the onions and stir them into the hot oil.
3. If using mixed meats, add chicken or pork before the prawns. Stir all until half cooked.
4. Add the vegetables and mix all ingredients well.
5. Add the cooked rice and break up with the back of a slotted spoon.
6. Sprinkle with a little water to moisten the rice and mix all ingredients together well.
7. Add seasonings and soy sauce.
8. Stir in pineapple and optional items of choice mixing all well.
9. Stir in the herbs and remove from pan from the heat.

10. Scoop and press rice firmly into a small bowl.
11. Lightly beat the eggs and make a thin omelet in a large frying pan.
12. When cooked remove pan from the heat but leave the omelet in the pan.
13. Turn bowl of fried rice into the centre of the omelet.
14. Make a parcel using the four corners of the omelet to cover the rice
15. Move from pan to plate by covering parcel with a flat plate and turning pan over.
16. Drizzle with ketchup and serve.
17. Alternative serving: Scoop fried rice onto omlette and roll to create an egg buritto

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