

Simple Spicy Lettuce Fried Rice



Ingredients: Serves 2

2 tbsp oil
½ tsp salt
1 red onion (slice thinly)
2 servings of leftover cooked meat (optional)
2 carrots (diced) or 2 servings of peas and/or corn
1 egg (beaten)
1 lge bowl of cooked rice
water for splashing
1 tbsp of chilli paste (optional)
1 tbsp sweet sauce
2 tbsp soy sauce
Other seasonings of choice (optional)
4 spring onions (slice small)
A few lettuce leaves (torn into fairly large pieces)

Method:

1. Heat 2 tbsp oil in a wok sprinkling in salt when hot.
2. On a low heat, fry the red onion till slightly brown.
3. Add cooked meat and selected vegetables and stir well.
4. Turn heat to high and keep stirring ingredients to prevent burning.
5. Make a space in the wok to fry the egg and let it cook a little.
6. Add the rice and gently stir all the ingredients in the wok.
7. Splash some water over the rice and break it up gently.
8. Add the seasonings, sauces and chilli according to taste.
9. Stir in spring onions and add oil if necessary (fried rice is usually a little oily).
10. Cook for 10 minutes stirring constantly to make sure there are no rice lumps.
11. Add lettuce leaves and stir until withered but not overcooked so still crunchy.
12. Serve immediately.

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