

Green veggie fried rice with ham & eggs



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Preparation 20 mins + chilling time for rice | Cooking 10 mins | Serves 4

- 1 ½ cups brown rice*
- 2 tbs vegetable oil
- 4 free-range eggs
- 2 green onions (shallots), trimmed and thinly sliced
- 1 zucchini, chopped
- 2 garlic cloves, crushed
- 1 bunch broccolini, cut into 2-3cm pieces
- 200g sugar snap peas
- 50g baby spinach leaves
- 125g thinly sliced leg ham
- 2 tbs salt reduced soy sauce
- Extra sliced green onions (shallots), to serve

* 1½ cups uncooked rice makes 6 cups cold cooked rice. Use the equivalent in leftover rice or quick cook brown rice if preferred.

- STEP 1** Cook rice following packet directions, drain and refrigerate until cold (overnight if possible).
- STEP 2** Heat 1 tbs oil in a wok or large frying pan over high heat. Crack one egg into the wok and fry until crisp at the edges and just set. Transfer to a plate. Keep warm. Repeat using remaining eggs.
- STEP 3** Heat remaining 1 tbs oil in wok or pan. Add green onions and zucchini. Stir-fry for 2 minutes. Add garlic, broccolini and sugar snap peas. Stir-fry for 2-3 minutes until vibrant. Toss through spinach, ham, rice and soy sauce. Stir-fry until spinach wilts. Serve fried rice with eggs and a sprinkle of sliced green onions.