

FRIED RICE SALAD



20 MINS



4 SERVES

INGREDIENTS

- 2 teaspoons vegetable oil
- 1 onion, finely diced
- 1 red capsicum, finely diced
- 1 green or yellow capsicum, finely diced
- 1 carrot, finely diced
- 50g ham
- 4 cups cooked brown rice
- 125g can corn kernels, drained
- 6 shallots, thinly sliced
- 1/4 cup reduced salt soy sauce
- 8 cherry tomatoes, halved, to serve
- 1/2 cup coriander leaves, to serve (optional)

DIRECTIONS

1. Heat oil in a large fry pan or wok over high heat.
2. Saute onion, capsicum, carrot and ham for 3 to 4 minutes.
3. Add rice, corn, green onions and soy sauce. Stir-fry for 2 to 3 minutes, mixing well.
4. Transfer to a bowl to cool.
5. Spoon the salad into containers and top with cherry tomatoes and coriander.
6. Store in the fridge until ready to be added to the lunchbox.

COOKING TIP

You can substitute brown rice for microwavable brown rice pouches or cups and prepare according to instructions on the packet!

