



Fried RICE

INGREDIENTS

5 cups cooked & cooled long grain rice

1.5 tbsp. soy sauce*

2 tbsp. sweet chili sauce

1 cup brown onion, thinly sliced

½ cup carrot, peeled, finely chopped

¼ small Chinese cabbage, finely shredded (roughly 4 cups)

300 g skinless chicken thighs in small cubes

1 tbsp. butter

1 tsp. shrimp paste (or substitute for oyster sauce)

100 g baby prawns, drained

1/3 cup fried shallots

2 tablespoons Kerala Fried Rice Spice

TO SERVE:

4 eggs, fried sunny side-up

Sliced cucumber

Thinly sliced red chillies

Juice of 1 lemon (2 tsp.)

METHOD

1. Slice onion, chop carrot, shred cabbage and set all aside.
2. Cut chicken breast into small cubes. Then add 1 tbsp. of Kerala Fried Rice Spice, stir and set aside.
3. Combine 1.5 tbsp. soy sauce, 2 tbsp. sweet chilli sauce and 1 tbsp. Fried Rice Spice in a bowl & set aside.
4. Heat butter in wok over high heat. Add brown onion, carrot and shrimp paste. Stir-fry for around 1 minute or until aromatic and onion is translucent
5. Add chicken to wok. Stir-fry for 2 to 3 minutes or until mostly cooked through.
6. To the wok, add rice, soy mixture and cabbage. Stir-fry for 5 minutes or until rice is heated through.
7. Add prawns and fried shallots to the wok and gently mix through. Take wok off heat and fry eggs to liking.
8. Spoon fried rice onto serving plates, sprinkle ½ teaspoon lemon juice over rice and chicken, then top with fried egg and serve with cucumber and chili.

*To make this recipe Dr. Wallach-friendly, substitute coconut aminos for soy sauce. This recipe has not been tested with the substituted ingredients, so results may vary.