



Prawns Fried Rice

INGREDIENTS

- 200 g long grain rice
- 200 g Thai fragrant rice
- 400 ml water
- 100 g frozen peas
- 100 g frozen sweetcorn
- 5 spring onions thinly sliced
- 250 g cooked prawns
- 1 tbsp dark soy sauce
- 3 tbsp Soy Sauce
- 3 eggs beaten
- 2 tbsp cooking oil i used vegetable
- a pinch of salt, pepper

DIRECTIONS

1. Cooked the rice: Wash the rice together till the water runs clear. Then add the rice and water to a saucepan and bring to the boil. Once boiled move the saucepan on to the smallest ring on your cooker and at the lowest heat.
2. Cook with the lid on for 10 minutes, DO NOT STIR the rice at this point. Check after 10 minutes to see if the rice is cooked. if not continue for 2 mins at the time till cooked. Then removed the lid and fluff the rice with a folk. If you have a rice cooker, then just put the rice and water in the cooker and push cook.
3. Heat the wok to medium heat, add in the oil. Once the oil is hot add in the beaten eggs. Let the eggs cook as if you are making a pancake. When you can see that the eggs has started to cook you can then stir it so that it will break to smaller pieces.
4. Add in the prawns, peas and sweetcorn, cook for a further minutes or so. Turn the heat down low and add in the rice and give it a good mix.
5. Add in the rest of the ingredients making sure to cover as much of the rice as you can with the sauces, salt and pepper and mix well. Turn the heat up again and continue to cook. Stirring occasionally to ensure that the fried rice is hot through out. Check that you are happy with the flavour, adjust as require.

Enjoy

PREP TIME: 20 MINTUES COOK TIME: 80 MINS - SERVE: 4

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