

Simple Fried Rice

3 cups cooked & cooled Basmati Rice

1 egg, beaten and cooked in pan, omelette style. Cool & roll up and cut into slices.

2 tablespoons Macadamia oil

1 Red Onion, chopped

1 teaspoon garlic, chopped (smoked if you can find)

Plain Smoked mussels

Your choice of vegies e.g. Canned Corn, snow peas, beans, spring onions

Fry onion & garlic with oil.

Add vegies. Cook till al dente

Add cooled rice

Add cooked egg slices

Heat thoroughly

Add prawns last, then

2 tablespoons Soy sauce or sweet chilli sauce to taste.

Enjoy...