

Chinese Fried Rice

4 eggs
½ lb (300g) boiled rice (just touching on soft)
4 oz (150g) diced beef
4 healthy tablespoons green peas
2 finely chopped onions
1 large, finely-chopped celery stalk
4 healthy tablespoons button mushrooms
6 tablespoons olive oil
1½ tablespoons soy sauce
½ teaspoon sugar
1 teaspoon salt

Beat the eggs with the salt for 10 seconds

Marinate the diced beef in soy sauce and sugar

Heat 2 tablespoons of oil in a large frying pan, add the chopped onions and stir-fry gently for about a minute.

Add the peas, celery stalk and mushrooms on a medium heat for 30 seconds.

Push the vegetables to one side of the pan and add two tablespoons of oil to the created space.

Pour in the beaten eggs and scramble. When done, push them opposite the other ingredients, then remove pan from heat.

Heat the remaining oil in another pan. Pour in the marinated beef and stir-fry quickly for 3 minutes.

Add the boiled rice and mix with the beef for 1 minute.

Pour this rice and beef mixture into the main pan and sprinkle with salt.

Mix together with the other ingredients in the pan on a high heat for about a minute, ensuring you stir to avoid the ingredients burning in the pan.

Serve in a warmed dish and eat immediately.