



Easy egg fried rice

Serves 4

- a mugful of long grain rice
 - a cupful of frozen peas
 - 2 tbsp oil
 - 2 bacon rashers, roughly chopped
 - 1 small red pepper, chopped
 - 2 garlic cloves, thinly sliced
 - 2 large eggs, beaten
 - 1 heaped tsp Chinese five-spice powder
1. Fill a large saucepan with water, bring to the boil and add half a teaspoon of salt. Add the rice, stir once and return to the boil, then turn the heat down a little so that the water is boiling steadily, but not vigorously. Boil uncovered according to the packet instructions. 2 mins before the end of the cooking time, add the frozen peas and drain.
 2. Meanwhile heat the oil in a frying pan or wok and stir fry the bacon for 3-4 minutes until crispy
 3. Add the red pepper and the garlic cloves and stir fry for 2 minutes.
 4. Pour the eggs into the pan and stir fry until the egg just sets.
 5. Add the Chinese 5-spice.
 6. Add the cooked rice and peas.