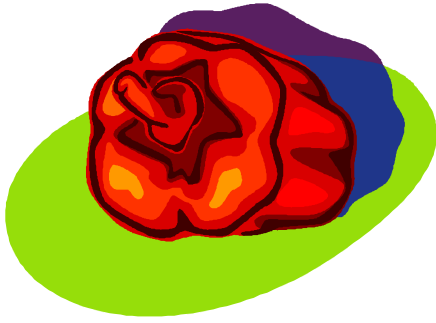


# Fried Rice



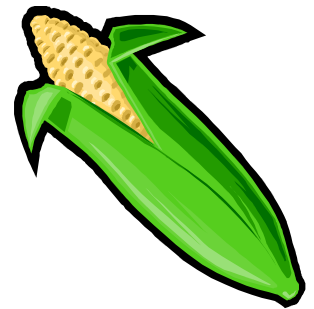
**Preparation Time:**  
10 minutes  
**Total Cooking Time:**  
15 minutes.  
**Serves:** 4



## Ingredients

2 rashers of Bacon (chopped)  
1 Egg (beaten)  
130g can Corn Kernels (drained)  
 $\frac{1}{2}$  Capsicum (seeded & chopped)  
 $\frac{1}{4}$  C Spring Onions (chopped)  
 $\frac{1}{4}$  C Frozen Peas

1 t Ginger (grated)  
4 C Rice (cooked)  
1 T Soy Sauce  
Shallot Strips  
10ml Sesame Seed Oil



## Method

1. Collect all ingredients
2. Fry the bacon in a wok until crisp - place on absorbent paper
3. Add the beaten egg to the wok. Cook as for an omelette. Remove, place on cutting board and cut into strips. Set aside.
4. Stir-fry corn, capsicum, shallots, peas and ginger for 1 minute.
5. Add the rice, soy, bacon and oil and stir-fry for another 2-3 minutes or until heated through.
6. Serve Hot topped with egg and shallot strips

