

# Fried Rice

Traffic light category: **Green**

Serves: 6 (288g per serve)

## Ingredients

- 3 cups basmati rice, cooked and cooled
- 2 whole eggs, beaten
- 1 teaspoon olive oil
- 75g lean leg ham, diced
- 1 onion, diced
- 1 red capsicum, seeded and diced
- 2 cups Chinese cabbage, shredded
- 1 cup green peas, cooked
- 1 cup corn kernels, cooked
- 1 cup bean sprouts
- 2 spring onions, diced
- 3 tablespoons salt reduced soy sauce
- 1 tablespoons oyster sauce

## Method

1. Cook rice following packet directions, leave to one side to cool
2. Lightly spray a heated non-stick fry pan with oil, pour in eggs to make a thin omelette
3. Once the omelette is cooked, transfer to a plate and slice thinly, set aside
4. Lightly spray the same pan with oil, cook ham and onion until golden
5. Add capsicum, cabbage, peas and corn
6. Cover and cook for one minute
7. Add remaining ingredients except omelette. Stir until sauces have mixed through evenly
8. Fold in sliced omelette.

## Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	1080kJ	375.kJ
Protein	11.22g	3.89g
Total fat	3.14g	1.09g
Saturated fat	0.66g	0.23g
Carbohydrate	42.74g	14.83g
Sugars	6.13g	2.13g
Dietary fibre	5.28g	1.83g
Sodium	696mg	241mg



*Supporting healthy choices*

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