



# EGG-FRIED RICE + SWEET AND SOUR CHICKEN

## INGREDIENTS

### For the egg fried rice

1 egg  
2 tsp sesame oil  
2 tbsp vegetable oil  
200g long-grain rice (uncooked weight), cooked and left to go cold  
100g frozen peas, defrosted (rinse under warm water to do this quickly)  
4 spring onions, finely chopped  
100g beansprouts (optional)  
1-2 tsp soy sauce  
Ground white pepper

### For the sauce

1 tbsp cornflour  
300ml fresh pineapple juice  
2 garlic cloves, crushed  
25g/1oz piece fresh root ginger, peeled and finely grated  
1 tbsp dark soy sauce  
2 tbsp white wine vinegar  
2 tbsp soft light brown sugar  
3 tbsp tomato ketchup  
1 pinch dried chilli flakes  
Ground black pepper

### For the chicken

½ small pineapple

## METHOD

**1 For the egg-fried rice** – Beat together the egg and sesame oil and put to one side. Heat the vegetable oil in a wok or large frying pan. When it's shimmering and almost smoking, add the rice and stir-fry for about 3-4 minutes until completely heated through.

**2** Add the peas, spring onions and beansprouts, if using. Stir-fry, turning the rice constantly around the pan, for about 3 minutes. Season well with soy sauce and pepper, then push to one side of the pan. Pour the beaten egg mixture into the other side and leave for about 10 seconds so it begins to set. Using a chopstick, briskly swirl around the egg to break it up and then toss around with the rice. Stir-fry for a further minute and serve straight away.

**3 For the sauce** – To make the sauce, put the cornflour in a small bowl and stir in two tablespoons of the pineapple juice until smooth. Put the remaining pineapple juice in a separate bowl and stir in the garlic, ginger, soy, vinegar, sugar, ketchup and chilli flakes until thoroughly combined. Set aside.

**4 For the chicken** – Put the pineapple on a board and cut off the skin. Quarter lengthways and remove the tough central core. Cut the pineapple into thick slices and set aside. Cut each chicken breast into 7-9 even pieces (depending on size).

**5** Heat the oil in a large non-stick frying pan or wok and stir-fry the onion and peppers for 3 minutes over a high heat. Coat the chicken in the cornflour and add to the pan. Stir-fry for 4 minutes until very lightly coloured on all sides.

**6** Add the pineapple and sweet and sour sauce to the pan with the chicken and bring to a simmer over a medium heat. Cook

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2 boneless, skinless chicken breasts	for 4-5 minutes, stirring regularly until the chicken is cooked through and the pineapple is hot.
2 tbsp oil	
1 onion, cut into wedges	<b>7</b> Stir in the cornflour and pineapple solution mixture and cook for 30-60 seconds until the sauce is thickened and glossy, turning the chicken and vegetables until nicely coated.
1 green and 1 red pepper, chopped	
1 tbsp cornflour	
4 spring onions, trimmed and thinly sliced	Sprinkle with sliced spring onions and serve hot.

*We recommend if cooking for those with allergies to check the packaging on your ingredients. For more information, please visit [www.food.gov.uk/safety-hygiene/food-allergy-and-intolerance](http://www.food.gov.uk/safety-hygiene/food-allergy-and-intolerance)*