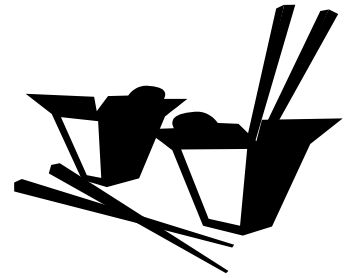


# Egg fried rice



150g of rice  
1 bunch of spring onions  
2 eggs  
1 pepper of any colour  
Suitable container with a lid

1. Boil the water and add a pinch of salt to the water. Add the rinsed rice and boil for 12 minutes.
2. Wash and chop all vegetables finely.
3. Drain through sieve.
4. Wash and chop all vegetables finely.
5. Beat the egg with a fork.
6. Heat 1 tablespoon of oil in a small frying pan. Add egg. When set, remove from the pan and slice up.
7. Heat 1 tablespoon of oil in a large pan. Add diced cooked chicken and vegetables and stir for 3-4 minutes.
8. Add rice and stir fry until brown. Add egg back into rice.