

EGG FRIED RICE WITH CHICKEN AND VEGETABLES



Entertain your friends and family with your Chinese cookery skills and give them a healthy option compared with the takeaway version.



Recipe & image supplied by British Egg Information Service:
www.eggrecipes.co.uk

Skills Check (as appropriate for each Key Stage):

Follow a recipe; follow food safety & hygiene rules; tidy away; crack an egg; beat an egg; use measuring spoons and cups; use balance/digital scales; chop using bridge/claw safely; use the hob (with adult supervision).

Equipment: Weighing scales, garlic crusher, small grater, knife, chopping board, fork, small bowl, measuring spoons, large frying pan or wok, wooden spoon, bowl.

Ingredients (serves 4):

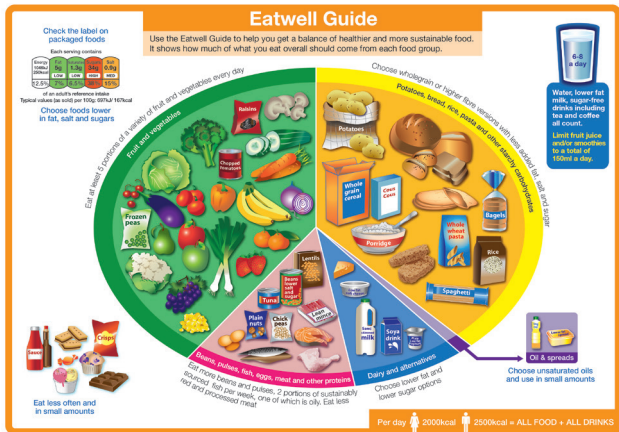
- 30ml / 2 tbsp olive or rapeseed oil
- 1 garlic clove, crushed
- 2.5cm / 1in piece of root ginger, grated
- 225g cooked chicken, diced
- 300g prepared stir fry vegetables
- 350g cooked rice
- 6 large British Lion eggs, beaten
- 2 tbsp reduced salt soy sauce

Method

1. Heat half of the oil in a large frying pan or wok. Cook the garlic, ginger and chicken for 2 minutes,
2. Add vegetables and rice and stir fry for 2 minutes, then transfer contents of the pan to a warm bowl.
3. Add remaining oil to the wok, add the beaten egg and cook for 1 minute stirring until the eggs have scrambled.
4. Return the rice and vegetables to the wok, add soy sauce and mix well.
5. Serve immediately in bowls.



EGG FRIED RICE Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

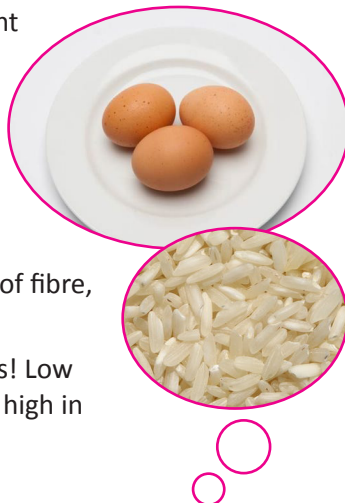
- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Egg Fried Rice ...

Eggs and chicken are excellent sources of protein, vitamins and minerals. Protein is essential for building and repairing our bodies.

Rice provides starchy carbohydrate, which gives us energy, and is a good source of fibre, and B vitamins.

Vegetables are so good for us! Low in fat, sugar and calories and high in vitamins and minerals.



Energy, sugar, fat and salt per serving

Per 205g serving

ENERGY
1208kJ / 290kcal **14%**

MED **FAT**
18.0g **26%**

MED **SATURATES**
3.7g **19%**

LOW **SUGARS**
0.5g **<1%**

MED **SALT**
1.7g **29%**

% of an adult's reference intake
Typical values per 100g : Energy 589kJ / 141kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.