



Recipe: Fried rice salad

Serves: 4

Ingredients:

- 2 tsp vegetable oil
- 1 onion, diced
- 1 red capsicum, diced
- 1 green capsicum, diced
- 1 carrot, diced
- 50g ham
- 4 cups cooked brown rice
- 125g canned corn kernels, drained
- 6 shallots, finely sliced
- 1/4 cup reduced salt soy sauce
- 8 cherry tomatoes, halved



Method:

1. Heat oil in large fry pan over high heat.
2. Saute onion, capsicum, carrot and ham for 3-4 minutes.
3. Add rice, corn, shallots and soy sauce. Sitr fry for 2-3 minutes, mixing well.
4. Transfer to a bowl to cool.
5. Spoon into air-tight containers and top with cherry tomatoes.
6. Store in the fridge until ready to be placed in the lunchbox.
7. Pack in your lunchbox with an ice brick to keep food cool and safe.

Source: SWAP IT (<https://www.swapit.net.au>)



HNELHD-GoodForKids@health.nsw.gov.au
<https://goodforkids.nsw.gov.au>

Developed by Hunter New England LHD

