

## Broccoli Fried Rice

**Serves:** 1

**Prep time:** 15 minutes

**Cook time:** 15 minutes



2 serves per portion

### Ingredients

- 1 cup broccoli florets
- 2 tablespoons neutral oil, e.g. peanut or canola
- 100g beef steak, cut into strips
- 1 spring onion, finely sliced
- 1 clove garlic, minced or finely grated
- ½ teaspoon fresh ginger, minced or finely grated
- ¾ cup cooked brown rice
- 1 tablespoon soy sauce, reduced salt
- ½ tablespoon oyster sauce
- 1 teaspoon rice vinegar
- 1 egg, lightly whisked
- Crushed chili, to taste (optional)

### Method

PLACE broccoli in microwave-safe container and add about a centimetre of water to the dish. Cover with lid and microwave on high for 4 minutes to steam broccoli. Drain water and set aside.

HEAT a frying pan on high heat then add half of the oil once hot.

ADD beef and fry, stirring constantly, until cooked through (about 1-2 minutes). Remove from pan and drain any excess juices.

ADD remaining oil to pan then add spring onion (white part only), garlic and ginger and fry until slightly softened and fragrant (about 1-2 minutes).

ADD mixed frozen veg and stir fry for a further 2 minutes or until vegetables are heated through.

STIR in the rice, soy sauce and vinegar, and cook for 2-3 minutes. Make sure to break up the rice while stirring.

MAKE a well in the centre of the rice and drop in the whisked egg. Allow to cook for about a minute undisturbed.

STIR the egg through the rice and keep stirring until egg is cooked through.

ADD the broccoli and beef back into the pan and stir well. Cook for a couple of minutes until all heated through.

SPRINKLE with the remaining green part of the spring onion and serve.



Everyday Food

*Recipe courtesy of the Country Kitchens team*