

Broccoli Fried Rice

Serves: 1

Prep time: 15 minutes

Cook time: 15 minutes



2 serves per portion

Ingredients

1 cup broccoli florets
1 tablespoon canola oil
150g beef sizzle steak, cut into strips
1 spring onion, finely sliced
1 clove garlic, minced
½ teaspoon fresh ginger, minced
¾ cup cooked brown rice
1 tablespoon soy sauce, reduced salt
1 tablespoon 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. Set aside.

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

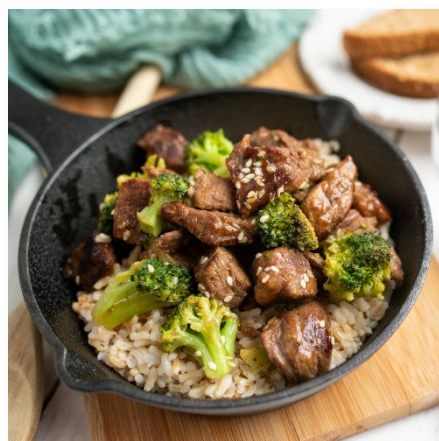
ADD beef and fry, stirring constantly, until cooked through (about 1-2 minutes). Remove from pan.

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

STIR in the rice, soy sauce and vinegar, and cook for 2-3 minutes then make a well in the centre.

DROP the whisked egg into the well and stir into the rice. Add the beef and stir to combine.

When the egg is cooked through the fried rice is ready to serve.



Everyday Food

Recipe courtesy of the Country Kitchens team