

Sweet Chilli Veg Fried Rice



Preparation: 15 mins

Cooking: 30 mins

Serves: 4

Cost: Under £3.00

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Nutritional Information

Per 305g serving

Energy	396 kcals 1575 kj	Carbohydrate	82.1g
Fat	3.7g	Sugar	8.5g
Saturates	0.4g	Salt	0.5g
Protein	8.2g	Sodium	190mg
NSP Fibre	2.4g		

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Ingredients

- 1 Mug (300g) Rice
- 1 Tablespoon (10g) Vegetable Oil
- 6 (60g) Spring Onions
- 1 Medium Sized (160g) Red Pepper
- 10 Medium Sized (100g) Mushrooms
- 3 Tablespoons (90g) Frozen Peas
- 4 Tablespoons (40g) Sweet Chilli Sauce

Tips

Time Saver Tips: To save time, you could use microwavable or boil in the bag rice.

Cost Saver Tips: This is a great way to use any leftover rice and fresh or frozen vegetables you've got in. (Just remember to always let rice cool down before you put it in the fridge and only reheat it once.)

Tips for Kids: Your wee one will love helping you prepare and chop the vegetables – knowing they've been your little helper in the kitchen might even make them more likely to eat it! Swap in their favourite vegetables if that helps.



Method

1. Cook rice as per manufacturer's instructions and rinse with boiling water.
2. Meanwhile wash and trim tops and ends of the spring onions and chop finely. De-seed the pepper and dice, then wipe and slice the mushrooms.
3. Heat oil in a large frying pan, fry spring onions for 2 -3 minutes and then add the pepper and mushrooms for a further 2-3 minutes.
4. Add peas and the rice to the pan and stir continuously for 2-3 minutes then stir in the sweet chilli sauce.
5. Serve when heated through.

Allergy Disclaimer

Always check the label of each ingredient for allergy warnings.