GLUTEN FREE FRIED RICE

Ingredients

2 cups cooked brown rice (cook according to packet directions)

2 tbs oil

2 eggs, lightly beaten

1 large carrot, peeled, trimmed and finely diced

2 large mushrooms, diced

Fresh kernels from 1 cob of corn (or ¾ cup frozen or canned corn kernels)

8 snow peas, trimmed and sliced

1 spring onion, thinly sliced

2 tbs tamari or gluten-free soy sauce

500G cooked poached chicken (optional)

Method

Rinse the cooked rice in a sieve to remove any starch. Drain thoroughly and allow to completely cool.

Heat 1 tbs of the oil in a large frypan over medium-high heat. Pour the eggs into the pan and allow to spread to form a thin omelette. Cook for two minutes on each side and then remove from pan and set aside.

Add carrot, mushrooms, corn and snow peas and cook, stirring occasionally, for approximately 10 minutes or until starting to soften.

Add the remaining oil and the rice. Stir to combine with other ingredients. Stir occasionally.

In the meantime, roll up the omelette and thinly slice into strips. Add to the pan, along with spring onions and tamari (or soy sauce). Stir to combine. Cook for two minutes, stirring occasionally.

Serve immediately.

Makes 4 small serves.