



Yong Chow Fried Rice

3 servings

Ingredients:

- 1 packet (3.5oz/100g), **AsianMeals® Oriental Stir Fry Sauce**
- 50g prawns, shelled, peeled and de-veined
- 20g peas
- 30g corn kernels
- 1 small carrot, cubed
- 1 leave cabbage julienned
- 50g chicken meat, cut into thin slices
- 120g chilled white rice, best if kept overnight from the day before
- 1 medium onion, diced
- 1 whole egg

Method:

- 1) Preheat wok then add in **AsianMeals® Oriental Stir Fry Sauce**
- 2) Add in onions first then chicken, prawns and vegetables to stir fry for 2-3 minutes until cooked
- 3) Lower heat to medium, add in rice to stir fry until rice is mixed well and dry
- 4) Push the rice to the side of the wok, on the space created in the wok, scramble the egg until cooked then mix well with the rice and stir fry for further 2-3 minutes to dry the rice further
- 5) Garnish with julienned cabbage on top

Chef's Tips:

If you intend to cook a large volume of fried rice, you can precook all the ingredients without the rice and then mix it with the rice and sauce in a heated mixer or tumbler

