



## Yong Chow Fried Rice (serves 3~4 pax)

### **Ingredients:**

120gm (4.2oz) of Asian Meals Oriental Stir Fry sauce  
120gm chilled white rice, best if kept overnight  
60gm prawns, cleaned, deshelled, and deveined  
60gm chicken meat, sliced thinly  
1 whole egg

30gm green peas  
30gm baby corns  
30gm carrots, cubed  
1 medium onion  
1 cabbage leave, julienned

### **Cooking Method:**

1. Preheat wok, add in Asian Meals Oriental Stir Fry sauce.
2. Add in onions, 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 a further 2~3 minutes to dry the rice further.
5. Garnish with julienned cabbage on top.

### **Chef tips:**

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