

Sausage Fried Rice

(serves around 6 people)

Sausage fried rice is a savoury egg fried dish that is quick and easy to make. You could add in extra vegetables such as spinach or cabbage, or substitute the sausages with vegetarian sausages for a vegetarian alternative.

Ingredients

* 1 tablespoon oil
* 1 garlic clove, crushed
* 1 bunch of spring onions, trimmed and finely chopped
* 4 chopped mushrooms
* Half a red pepper, diced
* 2 thin spicy **cooked** sausages\*, such as Pepperami, sliced
* 6-8 thin, **cooked** sausages\*, sliced
* 2 x 250g pouches express long grain rice
* 2 eggs\*, lightly beaten
* 2 tablespoons light soy sauce\*
* Salt and black pepper

Method

1. We recommend that this is made in 2-3 smaller batches and kept hot in the oven until all of the dish is cooked.
2. Heat the oil in a large wok or frying pan. Add the garlic, spring onions, mushrooms, pepper and stir-fry until starting to soften. Add the sliced sausages and stir-fry for a further 2-3 minutes.
3. Add the long grain rice and 3 tablespoons of water and stir-fry over a medium heat for 4-5 minutes until piping hot.
4. Stir in the beaten egg on a high heat until set, stirring all the time. Add soy sauce, salt and pepper. Ensure everything is heated through thoroughly. Serve immediately.

\* Can contain or is one of the 14 common allergens