



Fried Rice With Lamb

Serves 4

Preparation time: 20 minutes

Cooking time: 10 minutes

- 500g lamb strips
- 3 eggs, lightly beaten and seasoned with salt and pepper
- 2 tbsp olive oil
- 1 red capsicum, diced
- 6 green onion, finely sliced
- 2 cloves garlic, crushed
- 1 cup broccoli florets, lightly steamed until tender
- 1 cup corn kernels, cooked
- 3 cups cooked long grain rice
- 2 tbsp soy sauce
- 3 tbsp sweet chilli sauce
- 1 tbsp fresh lemon or lime juice

Method:

Heat a large frying pan or wok. Add 2 teaspoons of the oil. Pour in the eggs and cook until just set. Remove from the pan and place on a chopping board. Thinly slice and reserve.

Heat the remaining oil in the pan or wok and brown the lamb strips. Add the capsicum and sliced green onions and cook until soft. Stir through the garlic and cook for another 30 seconds.

Add the broccoli, corn, egg and rice. Cook while tossing until hot. Add the sauces and lemon or lime juice and stir to combine.

Tip: Use leftover cooked rice or roast lamb. Could substitute the vegetables with a packet of frozen vegetables.