

OVERALL time: 25 mins

BACON AND EGG FRIED RICE

We're paying homage to the wonder that is leftovers this month! They're not just for heating up in the micro - no, with a bit of creative flair they become interesting meals! Like this recipe... Have a cup of leftover rice, a few eggs and a strip of bacon or two in the fridge? Then turn it into bacon and egg fried rice!

Metric

Number of servings : 2

ingredients

For the rice

- 3 strips streaky bacon, finely sliced
- 2 tsp sesame oil
- 2 cloves plump garlic cloves
- 2 cups frozen mixed vegetables, defrosted
- 0.75 tsp **Cape Herb and Spice Veggie Roast Shaker**
- 2 whisked eggs
- 3 finely chopped spring onions, finely chopped
- 2 tsp vegetable oil
- 1 Tbsp fresh ginger, finely grated
- 2 cups leftover cooked rice
- 0.5 tsp **Cape Herb and Spice Sriracha Chilli**
- finely chopped fresh coriander

To garnish

- spring onion, green bits, finely chopped
- coriander leaves

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 15 mins | COOKING TIME: 10 mins

Fry the bacon in the vegetable oil until cooked. Add the sesame oil along with the white parts of

the spring onion, the garlic and ginger and fry for a further minute or two until the spring onions just start softening. Add the defrosted frozen vegetables, the rice and the **Cape Herb & Spice Roast Veggie** and **Cape Herb & Spice Sriracha Chilli** seasoning and stir through.

Scrape the rice mixture to the sides of the pan. Pour the whisked egg in the middle. Treat it like scrambled eggs and allow it to start setting before you start stirring it through the rice mix. If you start stirring it too soon, the egg will simply disappear in the rice and make it creamy. That's not what you want – this is egg fried rice after all, you want to see bits of egg!

Right at the end, stir in the tablespoon of chopped coriander. Serve topped with the green bits of spring onion and extra coriander. This recipe will serve two adults very handsomely. If you have more leftover rice, simply adapt the rest of the ingredients accordingly.

More Ideas

This is an incredibly versatile recipe. Just get the basic aromatics right and you can adjust it for pretty much anything you have leftover in your fridge.

- If you want to keep this vegetarian, simply leave out the bacon. You could add small blocks of tofu if preferred for an extra hit of plant-based protein.
- Any leftover veg like carrots, beans or peas in the fridge? Then use them instead of the frozen veg.
- Use leftover bits of ham, leftover steak cut into thin strips or leftover chicken cut into small blocks instead of the bacon.

Recipe concept & photography by Lizet Hartley.

<https://capeherb.co.za>

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