



Meat Free Monday

Vegetarian Fried Rice

Serves 4 - 6

ingredients

- 4 - 6 asparagus stems
- 450 grams steamed or boiled rice
- 2 egg whites beaten (optional)
- 2 spring onions chopped
- 4 tbsp vegetable oil
- ½ tsp salt

preparation

Break off tough stems of the asparagus and chop into 2 cm pieces, rinse. Stir fry in 1 tbsp oil for 1 – 2 minutes, remove from the wok. Add more oil to the wok if necessary and, when hot add the beaten egg whites to form a thin pancake. As soon as the egg is cooked remove from the pan and chop.

Heat 2 – 3 tablespoons of oil in the wok, when hot stir-fry the white part of the spring onion, add the cooked rice and stir over a low heat until the rice is uniformly heated through. Add the asparagus, egg whites and salt and stir and mix all the ingredients together until piping hot.