

Pineapple fried rice

INGREDIENTS

3 cups of cold, cooked rice

3 spring onions

1 capsicum

½ cup of peas

½ cup of diced bacon

2 eggs

¼ cup soy sauce

2 slices of fresh pineapple

2Tbsp of Sesame oil

2 Tbsp of veg oil

METHOD

Wash fresh produce.

Cut spring onions finely, using all of the green and white part, only cut off the hairy piece at the end and put it in the bin.

Cut the peel off the pineapple and cut the pineapple into 1cm pieces.

Cut the capsicum in ½ , scoop out the flesh and seeds, cut into small pieces.

In a small bowl, beat the eggs.

Turn the electric frying pan on to medium heat.

Add the sesame oil, then the eggs. Tilt the pan so the egg mixture covers the bottom of the pan. Cook until the mixture is set. Remove from pan , roll up and slice thinly.

Add the veg oil to the pan, add the onion, capsicum and bacon, cook for 3 minutes.

Add the peas, pineapple, sliced egg and rice, turn the heat to low.

Using a wooden spoon, combine all ingredients. Add the soy sauce, combine again. Divide into serving bowls, garnish with parsley and serve.