



## Veggie Egg Fried Rice

### Ingredients

- 1 drop Maggi Liquid Seasoning
- 150 g sugarsnap peas
- 130 g carrots, peeled
- 1 Leeks
- 80 g Onion Springs
- 2 tablespoons sunflower or vegetable oil
- 2 Cloves garlic, crushed
- 30 g root ginger, peeled and finely chopped
- 200 g cooked and chilled brown rice
- 2 eggs, beaten
- 2 tablespoons Maggi Chilli Sauce

### Instructions

1. Slice the carrots, sugar snap peas, leeks and spring onions into chunky strips.
2. Heat the oil in a large non-stick frying pan and fry the sliced vegetables and cook for 3-5 minutes until charred and tender. Tip the veg onto a plate and cover to keep warm. Add the garlic and ginger to the frying pan and fry for 1 minute until it smells amazing! Add the chilled rice and stir fry for 3 minutes until piping hot throughout.
3. Whisk the eggs, and pour into the pan. Cook like an omlette for 1-2 minutes, then add the hot rice, vegetables and season with the Maggi Liquid Seasoning. Heat through for 1-2 minutes and then serve with the Maggi Chilli Sauce if you like it spicy!

### Nutrition

Carbohydrate	33.31 g
Energy	291.28 kcal
Fat	13.59 g
Fibre	6.08 g
Protein	10.02 g
of which: saturates	2.21 g
Sodium	121.57 mg
of which: sugars	6.01 g

17 Minutes

3 portions