

Fried Rice Dish



Ingredients and Preparation

SERVINGS

Serves 2 people

INGREDIENTS

140g Long Grain Rice (Uncle Ben's)

300g Mushrooms

90g Parma Ham *

3 Tablespoons of Single Cream

3 Tablespoons of Margarine

2 Large Raw Eggs

1 Vegetable Cube (Knorr)

500ml Cold Water

1 Freshly Squeezed Lemon

Flavourings and Dressings : Aromat and Parsley (Freshly Cut or Dry)

SUGGESTED PANS AND DISHES

2 x 2Litre Saucepans (With At Least One Cover)

1 x 1/2Litre Glass/Plastic Bowl

1 Non-Stick Frying Pan (Approximately 28cm Diameter)

PREPARATION

Melt one tablespoon (14g) of margarine in saucepan. Add rice and stir until rice shines. Add cold water, together with vegetable cube and stir. Bring to boil then simmer covered on medium heat for approximately twenty minutes until mixture is dry. Allow to cool.

Remove the stems from the mushrooms and discard. Peel, wash and slice the caps in widths of approximately 3mm. Place them in second saucepan. Squeeze lemon and add juice to pan. Heat gently, whilst stirring, and bring to boil. Cover and simmer on medium heat for approximately five minutes or until mushrooms are soft. Drain and discard liquid. Season with 1/4 teaspoon of Aromat. Allow to cool.

Remove fat from parma ham and discard. Cut ham into strips of desired size.

Whisk two large eggs, 3 tablespoons of single cream and 1/2 teaspoon of Aromat in bowl.

Place two tablespoons (28g) of margarine in frying pan and heat. When melted add rice and gently turn on a medium heat for approximately four minutes. Add the mushrooms and continue to turn until well mixed. Whisk the egg mixture once again and pour over contents of frying pan. Continue to turn mixture until egg is nice set.

Serve on two pre-heated plates and add parma ham to top. Sprinkle parsley around perimeter.

* Vegetarians can omit the parma ham.

! Serving Tip : Serve with a mixed salad. Tastes good with white wine or apple juice.