

# Chinese Fried Rice

1 serving = 3g protein

Serves: 1



## Ingredients

- 100g Loprofin Rice, cooked
- 35g sweetcorn
- 35g peas
- 1tbsp olive oil
- 2 cloves of garlic, crushed
- ½ onion, diced
- 1 carrot, diced
- 2tbsp soy sauce
- 1 spring onion, sliced



## Method:

1. If using fresh or frozen peas and corn, cook them according to package directions. If using canned peas or corn, drained and set aside.
2. Heat the oil in a wok or skillet. Add the garlic, onion and carrots and cook them over medium-high heat for about 2 minutes. Add peas and corn kernels and cook for a further 2 minutes.
3. Add the rice and soy sauce and cook for 2 or 3 minutes or until the rice is hot.
4. Garnish with some spring onion.

## Chef's Tip

This recipe is a great way to use up leftover rice from other meals. Remember to store leftover rice in the fridge for up to 3 days.

Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

The Loprofin Range are Foods for Special Medical Purposes and must be used under medical supervision.

\* The protein content indicated in this recipe is provided as a guide only. Please check the protein content on individual ingredients and food labels.