

SPICY FRIED RICE

INGREDIENTS

Handful of Coconut flakes
Coconut oil
2 x Eggs
1 cup Red capsicum, finely diced
3 x Garlic cloves, roughly chopped
1/3 bunch of Kale, finely shredded
1/2 cup Green peas
4 cups Cooked, cold Rice
2 x Spring onions, cut into 3 cm long
4 tablespoons Soy sauce or Tamari
1 teaspoon Oyster sauce
2 teaspoons Siracha
Fresh coriander

METHOD

1. Heat a large frying pan over medium-high heat and add the coconut flakes to the pan. Toast the coconut flakes until lightly golden then set to the side in a bowl.
2. Add two tablespoons of coconut oil to the pan, then crack the eggs into the pan and whisk in the pan with a spatula. Scramble the eggs. Then set to the side in a bowl.
3. Add another spoonful of coconut oil to the pan and add the diced capsicum. Stir-fry for 2 minutes then add the roughly chopped garlic and a sprinkle with salt and stir-fry for 1 minute.
4. Turn up the heat to high and add the shredded kale to the pan and cook down.
5. Add the rice and scrambled eggs to the pan along with spring onion and stir-fry for 1 minute. Then add the soy sauce, oyster sauce, siracha and toasted coconut flakes and mix through.
6. Spoon into bowls and garnish with fresh coriander.