

BREAKFAST FRIED RICE

Serves 2

INGREDIENTS

- 1 cup cooked rice
- 1 small onion
- 2 eggs, beaten
- 1/3 cup peas
- 3-5 spring onions (just the green bit)
- 1-2 tbsp coconut aminos, tamari or soy sauce
- 2 rashers of bacon, chopped (optional)
- ¼ cup mini prawns (optional)

INSTRUCTIONS

1. Using oil of your choice (coconut oil, ghee or butter) fry the beaten egg until just cooked. Remove from the frying pan and chop into pieces
2. If using bacon, fry up now. Or start with thinly sliced onion.
3. Once onion is translucent, add the rice. Stir until warmed through and broken up.
4. Throw in the peas and prawns. Stir until softened.
5. Pop the egg back in for a minute or two and then remove from the heat.
6. Stir through the green spring onions and coconut aminos.

NOTES

You can throw any vegetable in here. Finely chopped broccoli or capsicum, shredded carrot, grated zucchini, or cherry tomatoes.

If you're not using bacon, you will need to add a little salt.