

Jamie Oliver's Stir-Fried Rice With Ham & Prawns



Serves 4

Ingredients

- 320g basmati rice
- 2 cloves of garlic
- 5cm piece of ginger
- 1 bunch of spring onions
- 1 red capsicum
- 120g leftover cooked higher-welfare ham
- olive oil
- 1 tsp curry powder
- ½ tsp Chinese five-spice powder
- 80g cooked peeled prawns, from sustainable sources
- 50g beansprouts
- low-salt soy sauce
- 4 large free range eggs
- sesame oil
- ½ a bunch of fresh chives



Method

1. Cook the rice in a pan of boiling salted water, according to the packet instructions, then drain and spread out on a tray to cool.
2. Meanwhile, peel and finely chop the garlic and ginger, then trim and finely slice the spring onions.
3. Deseed and slice the capsicum, then shred the ham.
4. Heat a splash of olive oil in a wok or large frying pan over a high heat, then add the garlic, ginger, curry powder and five-spice, then fry for around 2 minutes or until lightly golden.
5. Add the ham, prawns, beansprouts, capsicum and most of the spring onions, then fry for 1 further minute, stirring regularly.
6. Tip the mix into a clean bowl and return the pan to the heat. Add a splash of olive oil and tip in the cooled rice.
7. Stir-fry for around 3 minutes, or until hot through with crispy edges, then tip in the cooked veg.
8. Add 1 teaspoon of soy, then mix together and remove from the heat.
9. Heat 1 tablespoon of olive oil in a large frying pan over a medium heat, crack in the eggs and fry gently to your liking.
10. Tip the stir-fry onto a large serving plate and carefully place the eggs on top, then scatter with the reserved spring onions.
11. Season to taste, then drizzle with a little sesame oil. Finely chop and scatter over the chives, then serve.