

## Pineapple Fried Rice

**Serves:** 10

**Prep time:** 20 minutes

**Cook time:** 20 minutes



1 ½ serves per portion

### Ingredients

4 tablespoons extra virgin olive oil  
½ red capsicum, finely diced  
½ green capsicum, finely diced  
1 carrot, finely diced  
½ small head of cauliflower, grated  
15 snow peas, trimmed and halved  
5 cups cooked rice  
5 tablespoons soy sauce, reduced sodium  
4 eggs  
1.5 cups fresh pineapple, diced  
½ cup roasted cashews, unsalted  
Black pepper  
½ lime  
2 spring onions, finely sliced (for garnishing)  
Fried shallots (for garnishing)

### Method

HEAT a tablespoon of oil over medium heat in a large fry pan. Add the capsicum, carrot, cauliflower and snow peas and stir fry for 1-2 minutes. Add 2 tablespoons of soy sauce and continue to cook until vegetables are tender. Remove from the pan and set aside.

WHISK eggs with a pinch of black pepper. Heat a tablespoon of oil over medium heat in the frying pan. Add egg and cook without stirring for 2 minutes, flip and cook another 1 minute. Remove from pan, set aside and roll into a cigar, slicing into strips when cool.

ADD pineapple to the frying pan and cook until warm and slightly browned. Set aside with the vegetables.

ADD remaining olive oil into the same pan and add the cooked rice. Stir fry for 3-4 minutes then add 3 tablespoons of soy sauce and stir, continuing to cook until heated through.

ADD the cooked vegetables, egg, lime juice and cashews to the rice and stir to combine.

SERVE sprinkled with cracked pepper, spring onions and fried shallots.



Everyday Food

*Recipe courtesy of the Country Kitchens team*