



WILDLING TRIBE CHEFS

Tribe Fried Rice

What's in it?

- a cup of cooked rice per person
- various vegetables – (eg sweetcorn, peppers, peas, French beans, mushrooms, pak choi etc)
- 1 onion and 6 cloves of garlic – blended or chopped finely
- Spring onions – chopped finely
- cooked chopped meat (eg chicken breast, stir fry beef strips) OPTIONAL
- 1 spoon of soy sauce per person OPTIONAL
- Salt and pepper to taste
- Thai crackers and sliced cucumber
- 1 egg per person OPTIONAL
- olive oil for frying

Equipment

- A big frying pan or wok
- A small frying pan
- A spatula
- A sharp knife
- A chopping board
- Plates or bowls
- Spoons or forks
- A small bowl to mix the egg

1. Peel the onion and garlic and blend or chop finely
2. Chop the vegetables finely
3. Heat the oil and add the blended onion and garlic. Fry for 1 minute
4. Add the vegetables and meat if using and fry for 1 minute
5. Add the rice and cook for 5 minutes, stirring well
6. Add salt, pepper and anything else you are using (soy sauce, chopped chillies etc)
7. Share out the fried rice between the bowls or plates
8. Use the small frying pan and a teaspoon of olive oil to fry an egg for each bowl or plate
9. Top the Tribe Fried Rice with a fried egg and sprinkle some spring onions on top
10. Serve with Thai crackers (vegan), cucumber slices and Spicy Salsa (see recipe)



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The Good Bits

You can add whatever ingredients you like to your rice.

Fresh vegetables are full of nutrients for your body and rice gives you energy for your adventures!

Adding meat, eggs or protein makes this meal pack an extra healthy punch!

Food Facts



This type of fried rice uses whatever you have in your fridge! It comes from a recipe for "Nasi Goreng" which means fried rice in Malay, and is a great and tasty way to use up leftover rice and vegetables

Chef's Notes

It is best to use cold rice for this recipe

Make sure your vegetables are cooked before adding the rice. Add our spicy salsa or try it topped with a fried egg!