Fried Rice

NIBBLEDISH CONTRIBUTOR

Ingredients

Rice, 1.5-2 cups, cooked
3 Eggs, lightly beaten
1 Stick Leek, finely chopped
Vegetables 1.5-2 cups, diced
6 tbsp Oil
6 tbsp Say Sauce
Salt and Pepper

Instructions

To me, the secret of making a good fried rice is in the eggs. They must be fluffy. So I make the eggs first and put it aside till the last second.

Secondly the rice must be right.
I prefer short grain rice cooked the night before, slightly on the al dente side.

Apart from that you can put virtually any vegetable or meat. Today I used frozen mixed vegetable because that was what I had in the fridge.

In a large pan, heat the oil and add egg.
Work it with wooden stick by pouring some oil onto the egg. The idea here is that egg needs to be stirred constantly to avoid hardening but not so vigorously like scrambled eggs.
Within a minute or so, it should become one runny but fluffy omlette. It should still be half wet. Put it aside on the plate.

In a same pan, add vegetables. The leftover oil from the egg should be enough.
Season slightly with salt and pepper and chili flakes if you fancy.

Add rice.
With the wooden spoon, mix the rice with the vegetable by pressing the rice against the spoon, and not stirring.

Add soy sauce by pouring it on the side of the pan, not directly onto the rice. This will make the dish more aromatic.

Finally, add egg.

Enjoy!