



Egg fried rice

What you'll need

- 400ml water
- 200g white rice
- 6 large eggs
- 2 tablespoons vegetable oil
- 3-4 spring onions, chopped
Leave out if you don't have any at home.
- 1 red pepper, de-seeded and diced

Allergies

- Gluten free
- Dairy free
- Vegetarian

Recipe makes 4 adult portions

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Adults, or teenagers aged 12-18

25cm plate



5-11 year old

25cm plate



1-4 year old

20cm plate



7-12 month old

13cm plate





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What to do

1. Bring the water to the boil, add the rice, bring to the boil again and stir once. Place a lid on the pan and simmer for about 5 to 10 minutes. Turn off the heat and leave the rice in the pan with the lid. It should absorb all the water and be tender.
2. Break the eggs into a bowl and beat them until the yolks and whites are mixed.
3. In a frying pan, heat the oil and fry the onion and red pepper until they soften.
4. Add the rice to the vegetables and heat through.
5. Pour the egg mixture over the rice and, stirring all the time, cook the mixture until the eggs are cooked.
6. Serve immediately. Try to serve with some extra vegetables as a side (cooked soft veg as finger food for babies).

For babies

If serving this meal to a baby, allow to cool before serving.

Leftovers

Cool first (within an hour) and put straight in an airtight container in the fridge for no more than 24 hours. Make sure any leftovers are heated thoroughly through to piping hot. Only reheat once. Cool before serving to babies.