

# FRIED RICE SALAD



Prep and cook time: 20 minutes

## Ingredients

- 2 teaspoons vegetable oil
- 1 onion, finely diced
- 1 red capsicum, finely diced
- 1 green or yellow capsicum, finely diced
- 1 carrot, finely diced
- 50g ham
- 4 cups cooked brown rice (can substitute for microwavable brown rice pouches or cups and prepare according to instructions on the packet)
- 125g can corn kernels, drained
- 6 shallots, thinly sliced
- 1/4 cup reduced salt soy sauce
- 8 cherry tomatoes, halved, to serve
- 1/2 cup coriander leaves, to serve (optional)

## Method

1. Heat oil in a large fry pan or wok over high heat.
2. Saute onion, capsicum, carrot and ham for 3 to 4 minutes.
3. Add rice, corn, green onions and soy sauce. Stir-fry for 2 to 3 minutes, mixing well.
4. Transfer to a bowl to cool.
5. Spoon the salad into containers and top with cherry tomatoes and coriander.
6. Store in the fridge ready to be added to the lunchbox.

