

# Fried Rice Salad

Serves 4, Prep 15 minutes, Cook 10 minutes

## Ingredients:

- 2 teaspoon vegetable oil
- 1 onion, finely chopped
- 1 red capsicum, finely diced
- 1 green or yellow capsicum, finely diced
- 1 carrot, finely diced
- 50g ham
- 4 cups cooked brown rice
- 125g can corn kernels, drained
- 6 green onions (shallots), thinly sliced
- ¼ cup light soy sauce
- 8 cherry tomatoes, halved, to serve
- ½ cup coriander leaves, to serve (optional)

## Method:

1. Heat oil in a large frying pan or wok over high heat. Sauté onion, capsicum, carrot and ham for 3-4 minutes.
2. Add rice, corn, green onions and sauces. Stir-fry for 2-3 minutes, mixing well. Transfer to a bowl to cool.
3. Spoon salad into lunchboxes or other sealable container. Top with halved cherry tomatoes and coriander leaves. Keep chilled.