

★ U.K. ★ BBQ ★ Week ★



Direct Fry



Final Temp



10 mins
plus
prep



£5



Serves 4

RECIPE

Chicken Fried Rice



INGREDIENTS

1 cup of rice, cooked with 2 cups of water and 1tsp chicken stock powder (allow to cool)
1 rotisseried chicken breast, roughly chopped
1 slice of thick cut ham, roughly chopped
100gms peas or edame beans
100gms prawns
2 spring onions (or scallions as we call them in Ireland), chopped
2 eggs lightly beaten
3 tsb oil for frying, I use peanut as it copes with the high heat

For the sauce

2tsp fish sauce
2tbs dark soy sauce
2tbs light soy sauce
2tsp shaoxing wine
1 tsp sugar
1tsb sesame oil
1 tsp oyster sauce

Recipe by Chillin n' Grillin NI

METHOD

1. Combine the sauce ingredients
2. Light the bbq for direct cooking and when hot, heat pan and the oil for a few minutes
3. Add the chopped chicken and ham and stir fry for a couple of minutes
4. Add the peas, prawns and the whites of the spring onion, stir fry for a couple of mins
5. Add the cooked (and cooled) rice, again stir fry for a couple of mins
6. Move the ingredients to the side of the pan and add the beaten eggs in the middle, lightly scramble, amalgamate with the other ingredients.
7. Add the sauce and green bits of the spring onion, reserve a few for garnish, stir fry for a final couple of minutes.
8. Tip into a serving dish and garnish with the remaining spring onion.