Chicken Fried Rice

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Serves: 2

* 2 cups of cold cooked rice
* 3 raw chicken thighs (or can use some leftover cooked chicken), chopped small
* 1 tbsp Olive oil
* 1 small onion, chopped finely
* half red pepper, chopped finely
* 1 small stalk of celery, chopped finely
* 1 small carrot, chopped finely
* 4 mushrooms, chopped finely
* 125g of frozen peas
* 2 cloves of garlic, finely chopped
* 1 teaspoon of fresh grated ginger
* 3 tablespoons of soy sauce
* 2 eggs, beaten
* 1 teaspoon of sesame oil
* 2 spring onions finely chopped
* black pepper

1. heat the oil in a large non stick pan
2. Add the chicken, season with black pepper and fry till golden, remove and set aside.
3. Add the onion, celery, garlic and ginger and cook for a few mins to soften.
4. Add the carrot, mushrooms and red pepper and fry for a further couple of mins.
5. Add the soy sauce, chicken and rice, and using spoon break up any big pieces of rice.
6. Add the peas and sesame oil and stir to evenly coat.
7. Then make a hole in the middle of the mixture, and pour in the beaten eggs, stirring the egg continuously until the egg starts to cook and then you can mix it all into the rice.
8. Stir in the spring onions and serve