

Less than 30 minutes

Serves 4

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Ingredients:

- 1 Tbsp (15ml) oil
- 500g pork bangers, casings removed
- 1 onion, chopped
- 2 cloves garlic, chopped
- 1cm knob ginger, finely chopped
- ½ cup (125ml) chicken stock
- 2 Tbsp (30ml) soy sauce
- 1 tsp (5ml) Dijon mustard
- 1 Tbsp (15ml) brown sugar
- 1 Tbsp (15ml) butter or olive oil
- 3 cups (530g) cooked rice, cooled
- 2 Tbsp (30ml) sesame oil (optional)
- 2 eggs, whisked
- 1 sliced spring onion, for serving (optional)

Method:

1. Heat oil in a pan and brown meat for about 5 minutes.
2. Remove and set aside.
3. Fry onion, garlic and ginger for 3-5 minutes or until golden.
4. Add meat, stock, soy sauce, mustard and brown sugar and simmer for about 10-12 minutes until sticky.
5. Heat butter or oil in a separate pan and fry rice for 2-3 minutes.
6. Combine sesame oil (if using) and egg.
7. Push rice to the side, add egg and scramble lightly before mixing in with rice.
8. Season and set aside.
9. Serve egg-fried rice with mince and garnish with spring onion, if using.