The simplest way

...to make healthy fried rice.

Our healthy fried rice will satisfy even the fussiest of eaters. Send the next day to school for lunch – it’s good hot or cold, easy to make and packed full of vegies!

**Ingredients**

1 cup brown rice (uncooked)  
1 tbs olive oil  
1 onion, thinly sliced  
1 egg, lightly beaten  
500g pack frozen mixed vegetables  
2 tbs reduced-salt soy sauce  
2 tbs sweet chilli sauce  
2 tbs water

**Method**

Cook rice according to packet directions. Meantime, heat olive oil in fry pan or wok. Add onion to pan and cook until soft. Add egg and scramble until cooked. Stir in cooked rice and fry for two minutes. Add in vegetables, cooking until heated through. In a separate bowl, mix together soy sauce, sweet chilli sauce and water. Add sauces to the rice mixture and stir until heated through. Serve warm, and enjoy!

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well @ School Program.