

RECIPE

Pineapple Fried Rice



Ready in **10 minutes**

Serves **4 people**

Ingredients

- 1½ tbsp sunflower or vegetable oil
- 2 [eggs](#) , beaten
- 2 [garlic cloves](#) , crushed
- small bunch of [spring onions](#) , chopped
- 1/2 tsp Chinese five-spice powder
- 400g [cooked long-grain rice](#)
- 85g [frozen peas](#)
- 2 tsp sesame oil
- 2 tbsp [low-salt soy sauce](#)
- 400g [fresh pineapple](#) , roughly chopped into chunks (about 1/2 medium pineapple)

Preparation

1. Heat 1 tbsp oil in a [wok](#). Add the eggs, swirling them up the sides, to make a thin omelette. Once cooked through, roll the omelette onto a [chopping board](#) and cut into ribbons.
2. Heat the remaining oil. Add the garlic, onions and five-spice. Stir-fry until sizzling, then add the rice (if using pouches, squeeze them first, to separate the grains), peas, sesame oil and soy. Cook over a high heat until the rice is hot, then stir through the pineapple and omelette ribbons.