

Pineapple Fried Rice

Serves 1

½ packet of microwavable rice or 250g of cooked, cold rice

¼ fresh pineapple diced

¼ tin of sweetcorn

Handful of defrosted peas

1 tomato deseeded and diced

1tsp garlic puree or minced garlic

Handful of Cashew Nuts

1 egg

1 chicken portion cooked and/or handful of cooked prawns

1-2 scallions

Dark Soy Sauce

Light Soy Sauce

Sweet Chili Sauce

Toasted Sesame Oil

Fish Sauce

Honey

You can add any vegetables to your fried rice, carrots, celery, water chestnuts, etc

You will also need the store cupboard items:
Oil, Salt, Pepper

If you have dark or light soy sauce it is not essential to get the other one, they add different levels of sweet, salty and savoury which will be made up for in the other sauces if you don't have one or the other.

Utensils Needed: Grill(Griddle) Pan, Non-stick frying pan

The Prep:

First off get all your ingredients prepped. I use a grill pan to get a great charred flavour however an extremely hot pan that isn't non-stick will give the same char, if you only have non-stick you can still do it but it won't have that intense charring that adds so much. Anywhere I say to grill you can just use a hot pan for it needed.

For the pineapple, cut the top and bottom off, cut off the skin until all the eyes are removed. Cut the whole thing in half, and cut that half in half again, you should have 4 sticks of pineapple, cut the core of them, leaving you with something not too unlike a gold bar shape. Grill 2 of the sticks until they are charred on all sides. Set aside and leave cool before chopping up into cubes.

If using raw meats, Cut the chicken breast in half to make two flat escalopes', Grill the chicken breast or thighs and/or prawns, likewise until charred. Leave to cool and chop the chicken, leave the prawns whole.

In a dry frying pan, char the drained sweetcorn until it is well charred, leave aside for later. Do the same with cashew nuts.

Chop your onion, tomato (deseed the tomato) and garlic and any other veg you are using. Slice the scallions on the diagonal for garnish. Defrost your peas. Break up the rice into singular grains.

Beat the egg and make a thin omelette out of it, chop it up. You could do it the traditional way, but this is easier.

Have your bottles of sauces ready.

This is all done. You can have the charring done early if you cool and refrigerate them.

The Cooking:

Use a non-stick frying pan for cooking of the dish, put some regular cooking oil in the pan. Put in your rice, and cook on very high heat for 5/10 minutes until you see the rice beginning to char. Add in the onions and cook down for another few minutes, add in all the rest of the ingredients bar the sauces and the scallions, mix up and fry for another few minutes until everything is hot. For the sauces, do a swirl of the pan for each, let cook for another minute or two, they will almost evaporate off, its not meant to be wet.

To Plate:

Spoon into warm bowls or containers, finish with a few drops of sesame oil on each, top with scallions.