

Fried Rice with Sausage, Egg and Peas

220g cooked rice
500g pork sausages
Olive oil
2 eggs, lightly beaten
1 pepper, finely diced
10 Brussel sprouts, finely sliced
2 spring onions, finely sliced
100g frozen peas, defrosted
½ red chilli, seeded, finely chopped
1 teaspoon Chinese five-spice
2 tablespoons soy sauce

Squeeze the sausagemeat from its skin. Heat a wok over high heat, add sausagemeat and stir-fry, breaking up the meat with a spatula, for 8 minutes or until golden and cooked through. Transfer to a large bowl. Add 2 tablespoons of oil to the wok along with the pepper, Brussel sprouts, peas, spring onions and chilli, and stir-fry for 3 minutes or until vegetables are almost tender. Add five-spice and stir through to combine. Add rice, sausage meat and eggs, and stir-fry for 5 minutes or until rice is warmed through and eggs are 'creamy'. Add soy sauce and check for seasoning.

