

Pineapple Egg Fried Rice

1½ tablespoons sunflower oil
2 eggs, beaten
2 garlic cloves, crushed
Small bunch of spring onions, chopped
½ teaspoon Chinese five-spice powder
400g cooked long-grain rice
85g frozen peas
2 teaspoons sesame oil
2 tablespoons soy sauce
400g fresh pineapple, roughly chopped into chunks

Heat 1 tablespoon 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. Heat the remaining oil. Add the garlic, onions and five-spice. Stir-fry until sizzling, then add the rice, peas, sesame oil and soy. Cook over a high heat until the rice is hot, then stir through the pineapple and omelette ribbons.

