

Healthy Fried Rice

Serves 4

Ingredients

- 2 tsp sesame oil
- 1/2 Chinese cabbage, shredded
- 1 carrot, cut into matchsticks
- 1 small red capsicum, seeds removed, sliced
- 3 cups cooked brown rice
- 2 tbs light soy sauce
- 2 tbs ketjap manis*, plus extra to drizzle
- 1/2 cup cashew nuts, lightly toasted
- 6 spring onions, thinly sliced on the diagonal



Method

1. Heat oil in a large wok over high heat. Add cabbage, carrot and capsicum, and stir-fry for 1-2 minutes.
2. Add rice and cook for a further 2 minutes. Add soy, ketjap manis, cashews and half the spring onions, toss to combine.
3. To serve, garnish with remaining onions and drizzle with extra ketjap manis.

**Indonesian sweet soy sauce from Asian and selected supermarkets.*