

Prawn, Pineapple & Cashew Fried Rice Recipe

Ingredients

- 2tbsp sesame oil
- 1 egg, beaten
- 1 onion, chopped
- 1tbsp garlic paste
- 1tbsp ginger paste
- 140g frozen prawns
- 100g frozen peas
- 1tsp Chinese five-spice powder
- 200g cooked rice
- 227g can pineapple chunks in juice, drained
- 2tbsp soy sauce
- 50g cashew nuts, toasted
- Zest and juice of ½ lime, cut the other ½ into wedges



Preparation

- Heat one tablespoon oil in a large wok or non-stick frying pan on medium heat. Tip in the egg and cook for a few minutes until it is set.
- Tip the omelette onto a board, cut into 1cm strips and set aside. Add remaining oil to the pan and tip in the onion. Sizzle for five minutes then add garlic-ginger paste and prawns.
- Stir-fry for a few minutes until prawns defrost and turn pink. Add peas, five-spice powder, rice, pineapple, soy and cashew nuts, and stir-fry for another three minutes until piping hot.
- Stir the omelette strips into the rice and heat for a minute.
- Finally, stir through the lime zest and juice. Serve hot with lime wedges.