

## Apple Seafood Fried Brown Rice





### Ingredients

3 tbsp	Canola/sunflower oil
2	Eggs, break into a bowl and mix well
1 small	Yellow onion, finely diced
500 g	Mixed brown rice, precook the rice the night before & chill
300 g	Fresh medium-sized prawn, pre-blanched
1 cup	Frozen peas, thawed
1	Red Fuji apple, cored & cut to 1 cm x 1 cm cube
1 tsp	Sesame oil
To taste	Salt & pepper
4	Fuji apple, flesh & core removed (optional)
1 stalk	Spring onion, chopped

### Method

1. Heat a non-stick wok with 1 tbsp oil, fry the egg to scramble and set aside.
2. Add in the remainder oil and fry the onion till golden brown.
3. Loosen the cooked rice lightly and add into the wok. Stir in the prawn, peas, apple, scrambled egg and sesame oil.
4. With medium heat, fry the rice mixture for 2 to 3 mins. Season to taste.
5. Fill the hollow fuji apples with the fried rice and garnish with spring onions.
6. Serve warm.

Nutritional information	Energy
<b>Total servings</b> 	1600 kcal
<b>Per serving</b> 	400 kcal