

Ironic Thai fried rice with Tofu or Prawns

Serves 4

Takes 40 minutes



Ingredients

250g brown rice

2 Lemongrass stalks, bashed

2 Keffir lime leaves

2 tablespoons ground nut oil (or you can use vegetable oil)

200g tofu, cut into chunks or raw prawns, or a mixture of both.

1 Small onion, chopped

1 clove garlic, crushed

2 eggs, beaten

100g Green beans, cut into 2.5cm (1") sections

2 small pak choi, leaves separated and washed

3 tablespoons fish sauce

Juice of 1 lime

2 red chillis

To serve:

2 Spring onions, chopped

4 Lime wedges

1 Red chilli, chopped

Directions

Put the rice in a pan with the lemongrass stalks, keffir lime leaves and 375ml water. Cover with a good fitting lid, bring to the boil, then simmer over a low heat for 20 minutes. Turn off the heat and leave, covered for another 10 minutes. Then turn out onto a plate, remove the lemongrass and lime and leave to cool and dry. Refrigerate once cooled. Rice from the day before left in the refrigerator works really well.

Heat 1 tablespoon of oil in a wok and fry the tofu over a medium-high heat for about 6 minutes until browned, then set aside.

Heat another tablespoon of oil and fry the garlic and onion for 2 minutes over a high heat. Add the beans and pak choi and fry for another 2 minutes.

Add the rice, cook for a minute, then make a well in the middle of the rice and pour the eggs into it. Muddle it all around, incorporating the rice

Fried rice tip

Whenever you make fried rice, it is always beneficial to cook the rice in advance and fry it once well cooled, preferably overnight in the fridge. Fried rice recipes will often refer to 'overnight' rice, which is rice that has been cooked the day before then left to cool over night in the fridge. You can use this to your advantage, by cooking it the day before alongside dinner or if you have some spare time, making the final creation of this dish a much quicker process.

and cook for another 2 minutes. Turn off the heat, then add the fish sauce and lime juice.

Serve in bowls and garnish with chopped chilli, lime wedges and spring onion.

This also freezes well, I make a large batch and freeze into portions for work lunches, sprinkled with crushed chilli flakes once defrosted for some heat.

