

Prawn, Pineapple & Cashew Fried Rice



Serves 2 Prep 10 mins Cooking 15 mins Easy

Ingredients

2 tbsp sesame oil
1 egg, beaten
1 onion, chopped
1 tbsp garlic paste
1 tbsp ginger paste
140g frozen prawns
100g frozen peas
200g pouch cooked basmati rice
227 can pineapple chunks in juice, drained
1 tsp Chinese five-spice powder
2 tbsp soy sauce
50g cashew nuts toasted & crushed if you don't like them whole.
zest & juice 1/2 lime, the other one cut into wedges to serve

1. Heat 2 tsp of the oil in a large wok or non-stick frying pan on a medium heat. Tip in the egg and cook for 2-3 mins until the egg is set. Tip the omelette onto a board, cut into 1cm strips and set aside.
2. Add the remaining oil to the pan and tip in the onion. Sizzle for 5 mins, then add the garlic paste, ginger paste and prawns. Stir-fry for 2-3 mins until the prawns defrost and turn pink. Add the peas, five-spice powder, rice, pineapple, soy and cashew nuts, and stir-fry for another 3 mins until piping hot.
3. Stir the omelette strips into the rice and heat for 1 min. Finally, stir through the lime zest and juice. Serve with lime wedges for squeezing over.