

# Salmon Flash Fried Rice



**Serves 4**   **Prep 5 mins**

**Cooking 10 mins**

**Easy**

## Ingredients

- 1 tbsp veg oil
- 1 tbsp toasted sesame oil
- 2 spring onions, chopped
- 2 large handfuls (or 200g) of mixed frozen or canned veg (peas, diced peppers, sweetcorn, diced carrot and/or chopped spinach)
- 400g basmati rice, cooked
- 1 tsp soy sauce, plus extra to serve (optional)
- 1 tsp maple syrup
- 2 eggs, beaten
- 4 pre-cooked salmon fillets

1. Heat the veg oil over a high heat, then fry the spring onion for a minute or so, stirring all the time. Tip in the mixed veg and stir for another 2-3 mins until it's all defrosted.
2. Add the rice, soy sauce and maple syrup, still stirring, then add the beaten eggs, stirring for another 2-3 mins until it resembles egg fried rice. Gently stir through the flaked salmon, being careful not to break it up too much. Stir in the sesame oil. Season and drizzle in more soy, if you like.