Fried Rice



Serves	4
Prep time	15 minutes
Cook time	30 minutes
Total time	45 minutes
Allergy / Intolerance	Amines, Artificial Addititives, Artificial Colours, Glutamates, Preservatives, Salicylates
Suitable for	Amines Challenge, RPAH Elimination Diet - Amines Allowed, RPAH Elimination Diet - Low Chemical / Failsafe, RPAH Elimination Diet - Moderate Chemical, RPAH Elimination Diet – Very High Chemical, Salicylate Challenge
Meal type	Lunch, Main Dish
Misc	Child Friendly, Freezable, Pre-preparable, Serve Hot

Ingredients

- 1 cup long grain rice (uncooked)
- 2-3 spring onions (finely chopped)
- 1/8 cabbage (red or green, finely chopped)
- 1/2 cup green beans (chopped)
- 1 Small tin bamboo shoots (rinsed and drained)
- 1/2 cup mung bean sprouts (rinsed and drained)
- 2 eggs
- 1 teaspoon minced garlic
- 1 cup cooked chicken (chopped)
- 1 tablespoon golden syrup
- 2 tablespoons water

If Amines are tolerated: (Optional)

- 2 Slices preservative-free bacon (finely chopped)
- 1 tablespoon malt vinegar

If Moderate Glutmates are tolerated: (Optional)

- 1/2 cup peas (instead of beans)

If Moderate Salicylates are tolerated: (Optional)

- 1 carrot (finely chopped)

To serve: (Optional)

- Tamari (very high amines and glutamates)

Directions

1. Cook the rice, as per the instructions, then set aside.
2. If using bacon, cook the bacon in a non-stick frying pan, remove and place onto some paper towel.
3. Lightly beat the eggs and add to the frying pan, cook and stir until it looks like dried scrambled eggs. Add the garlic and cook for another minute. Add the vegetables and cook for another 1 to 2 minutes. Add the chicken and bacon (if using) and cook until heated through.
4. Add the rice and stir until well mixed and cooked.



5. Combine the malt vinegar (if using), water and golden syrup, stir through the rice just before serving



6. If some salicylates and glutamates can be tolerated, serve with Abundant Earth Tamari - reduced salt soy sauce which has no preservatives, artificial colours or flavours and is wheat-free.

Note

Low Chemical / Very High Amines / Moderate Salicylates / Moderate Glutamates