



## Ingredients

- 1 cup White Long-Grain Rice
- 2 Egg, lightly beaten
- 1 tbsp Vegetable Oil
- 100 g Cooked meat or fish (chicken, ham, prawns, etc)
- 1 cup Cooked, mixed veggies
- 1 tbsp Maggi Original Seasoning

## Instruction

1. Cook rice according to packet instructions. Drain and cool.
2. Heat ½ oil in large frying pan; add eggs; swirl over base to form an omelette; cook until firm. Remove egg from pan, roll up firmly, and cut into thin slices.
3. Heat remaining oil in pan add meat/fish cook for 5 minutes, add vegetables, heat for 1 minute add rice, egg and seasoning. Stir until heated through.

### Nutrition

Carbohydrates	44.88 g
Energy	337.16 kcal
Fats	10 g
Protein	15.2 g

🕒 0 Minutes

⊕ 4 portions