



Ingredients

- 28 g MAGGI Chinese Fried Rice Recipe Mix
- 1 tsp Vegetable Oil
- 500 g Chicken thigh, without skin
- 120 g Carrots
- 300 g Cooked rice
- 60 g Frozen Peas
- 50 g Spring onions
- 80 mL Water
- 4 Larges Egg
- 60 g Skim Milk
- 4 tsps Vegetable Oil
- 25 mg Tomato Sauce

Instruction

1. Heat 1 tsp oil in a large frying pan, add chicken and carrot, cook for 4 minutes or until cooked through. Add rice, peas, green shallots and combined 1/3 cup (80mL) water and MAGGI Chinese Fried Rice Recipe Base. Mix well, cook for 3-4 minutes, stirring occasionally. Set aside.
2. To make omelette; in a small bowl whisk 1 egg with 1 Tbsp milk. Heat 1 tsp oil in a small fry pan, pour in the egg mixture and tilt the pan to coat the entire surface. Cook until the egg base has set, but the top is still soft. Place ¼ of the fried rice across the middle of the omelette. Use a spatula to fold both sides of the omelette towards the centre to cover the fried rice. Carefully flip the omelette onto a plate. Using a paper towel, cover the omelette to form oval shape with your hands.
3. Repeat with remaining eggs and fried rice to make
4. Drizzle with tomato sauce if desired, serve.

Nutrition

Carbohydrates	31.92 g
Energy	461.04 kcal
Fats	22.16 g
Protein	32.91 g

⌚ 26 Minutes

⊕ 4