



# beef fried rice

## Ingredients

### Main

- Sunflower oil (or any neutral oil)
- 1 lb (approx. 500g) beef mince (5% or 10% fat)
- 1 onion, chopped (fresh or frozen)
- 2 garlic cloves, minced (fresh, jarred, or frozen)
- 1 tsp grated fresh ginger (or jarred/paste/frozen)
- 1 red bell pepper, diced (or any color)
- 1 tsp Chinese five spice
- 2 packets of microwave basmati rice (or any variety you have)
- 1 cup frozen peas (no need to defrost)

### For the Sauce

- 2 tbsp dark soy sauce
- 1 tbsp oyster sauce
- A pinch of dried chilli flakes (adjust to taste)

### To Serve (Optional)

- Sliced spring onions (scallions) for garnish

## Instructions

- Heat a splash of oil in a large pan or wok over medium-high heat. Add the beef mince, onion, garlic, and ginger, and stir-fry until the beef is browned and the onions are softened.
- Stir in the diced peppers and Chinese five spice. Cook for another 2–3 minutes, stirring often.
- In a small bowl, mix together the soy sauce, oyster sauce, and chilli flakes. Set aside.
- Add the microwave rice and frozen peas straight into the pan with the beef. Pour in the sauce and stir everything together until well coated and heated through (about 3–4 minutes).
- Spoon into bowls and top with spring onions, if using. Serve hot and enjoy!

