



Asparagus and apple egg-fried rice

Prep: 10-15 minutes • Cook: 15 minutes (+ cooking time for the rice) • Serves: 4



Ingredients

300g jasmine rice
2 tablespoons sunflower oil
4 cloves garlic, crushed or chopped
1 inch piece of ginger, finely chopped
1 red onion, chopped
3 spring onions, sliced (separating the white and green parts)
2 medium tomatoes, chopped
220g asparagus, chopped (separating the stalks and tips)
2 apples, cut into cubes
4 eggs, whisked in a bowl
2 tablespoons reduced-salt soy sauce
1 tablespoon sesame oil
1 small handful fresh coriander, roughly chopped
2 chilli peppers (optional), sliced

Nutritional info

Low phosphate ✓
Low potassium ✓
Carbohydrate **67g**
Low protein ✓
Low salt ✓

Cost per portion (December 2023) **£1.84**

Energy in kcals **469**

- 1** Prepare all the ingredients, then cook the rice as per the package instructions, however avoid overcooking – you still want a slight bite to the rice. Once ready, drain and set aside.
- 2** Heat 1 tablespoon of oil in a large frying pan or wok over a medium heat. Once hot, add the eggs and gently scramble with some black pepper. Set aside in a bowl once cooked.
- 3** Heat the frying pan or wok with the remaining oil. Add the garlic and ginger and cook over high heat, stirring constantly, for 1-2 minutes, until fragrant and lightly browned.
- 4** Add the red onion, whites of the spring onion and tomatoes. Cook, stirring, for 5 minutes. Add the asparagus stalks and cook, stirring, for 1 minute. Then add the asparagus tips and apple, cooking for another 1-2 minutes.
- 5** Add the rice in clumps and then use wooden spoons or spatulas to stir, toss and break up the rice. Fry, constantly stirring, for 3 minutes.
- 6** Add the soy sauce, cooked eggs, chopped green parts of the spring onions, and chopped coriander. Toss. Then add the sesame oil, toss, and add sliced chilli pepper, if using. Serve.