



Gok Wan's Nasi Goreng Fried Rice Recipe

Nasi Goreng is a popular fried rice dish originating from Indonesia. that may be simple but packs a punch with its flavour! I love this dish and when I used to travel to Malaysia and Singapore it was my favourite breakfast. t's great for using up leftovers and let's face it fried eggs are amazing! Loads of protein for muscle repair from the chicken, prawns and eggs. Eggs are a great course of A, K2 & E vitamins and Omega 3.

Serves: 2, Prep time: 00:10, Cook time: 00:15

Instructions

Get wok nice and hot with oil – wok hay – smoking wok. Add chopped onion, red chilli, garlic

Then add anchovies and they will dissolve. Keep moving – outside is cooler use Wok maintenance!

Add your raw prawns and wait for them to go from grey to pink. Add the cooked shredded chicken stir then add in the tomato chunks. Add the chopped spring onions.

Move everything to the side and put the beaten egg in the middle of the wok and cook then break apart into pieces. When cooked stir into the rest of the ingredients.

Ingredients

- 1 tablespoon Oil
- 1 Onion red or white, Sliced
- 4 Garlic, cloves
- 1 Red Chili, sliced
- 3 Anchovies
- 6 King Prawns
- 1 cups Chicken Breast Cooked, Roasted and Shredded
- 2 Tomatoes , cut into wedges
- 2 Spring onions, finely slides
- 3 Eggs, Beaten
- 1 Fish Sauce, Dash
- 1 tablespoon Kekap Menis
- 1 tablespoon Light Soy Sauce
- 1 teaspoon Dark Soy Sauce
- 1 pinch or to taste White pepper
- 3 cups Cooked White Rice
- 2 Eggs, Fried

Add the fish sauce then add the cold cooked rice. Cooked then go to room temperature then put in the fridge to get cold before use. Only heat rice once!

Stir fry and see the "wok hey" for a BBQ smoke flavour.

Now add in the wet ingredients, light soy for salt and dark soy for colour then kecap manis.

Then lots of white pepper – moving rice all the time. Then let it steam for a minute or two. You may need to add a little water to loosen the rice.

Fry your eggs!

To serve:

Make a dome of rice using a small bowl and put on the plate and put the fried egg on top then add some finely chopped spring onion. Add the cucumber, tomato and cut around the edges.

Squirt kecap manis and siracha across the top to make it look posh!

Notes:

Kecap Manis (sometimes called Ketjap Manis) is an Indonesian sweet soy sauce that is thicker than other soy sauces. Sometimes just labelled as "sweet soy sauce". Consistency resembles maple syrup.

Also, easy to make your own! Just combine 1/4 cup ordinary soy sauce and 1/4 cup brown sugar over medium heat. Bring to a simmer and reduce until it becomes a

- 0.5 Cucumber, To serve, sliced
- 1 Tomato, To serve, wedges
- 1 Lime, To serve, wedges

maple syrup consistency. It will thicken more when it cools.

Wok hay is a Cantonese phrase used to describe a particular essence and aroma that is created in a dish when authentic stir-frying is performed.

“Hay” means

“energy” or

“breath”; therefore,

“wok hay” means

“the energy or breath of a wok”.

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