



Feeds 2 adults and 2 children

60ml sesame seed oil	100g cooked prawns
2 onions, finely chopped	2 eggs
1 red chilli, de-seeded and finely chopped	A little oil for frying
2 garlic cloves, crushed	250g cooked rice
200g smoked streaky bacon, diced	100g sweetcorn
100g cooked cold chicken	2 tablespoons plum sauce
	1 tablespoon soy sauce

Nasi Goreng

By John Burton Race



1. Warm the oil in a large pan and gently cook the onions, chilli and garlic until soft.
2. Add the bacon, turn up the heat and cook quickly, stirring often. Then add the chicken and prawns. Cook quickly for 2 minutes, stirring continuously.
3. Heat a small frying pan, beat the eggs until smooth and, in a little oil, cook the eggs on a moderate heat like a big, flat pancake with little or no colour. Turn once, then turn out onto a table or board. When cooked, roll up like a Swiss roll and slice thinly.
4. Add the rice, sweetcorn, plum sauce and soy sauce to the meat and reheat well, tossing to mix together. Taste for seasoning and correct if required.
5. Serve with the shredded egg sprinkled on top.

**Cook once,
eat twice**

This recipe is brilliant to use up any leftover chicken.

**LOVE
FOOD
hate waste**

Every year in the UK we throw away £12 billion worth of good food, costing the average family £50 a month.

The good news is that there are some quick and easy things we can all do to reduce the amount of food we throw away. Here are a few of our favourites for measuring everyday portions.

Perfect Portions

Mug

A mug is handy for measuring uncooked rice.

4 adults = Full mug, 300ml

2 adults = Half a mug, 150ml

Tablespoon

Ideal for measuring child portions.

Use 2½ tablespoons for rice, beans or dried fruit.

Scales

Kitchen scales are great for measuring exact portions.

Spaghetti measurer

Stand bundles of uncooked spaghetti on our handy measurer to get perfect portions.

The portion calculator at lovefoodhatewaste.com removes the guesswork when it comes to portions, helping you cook and serve the right amount.

Measure your spaghetti here

1 portion

2 portions

3 portions

