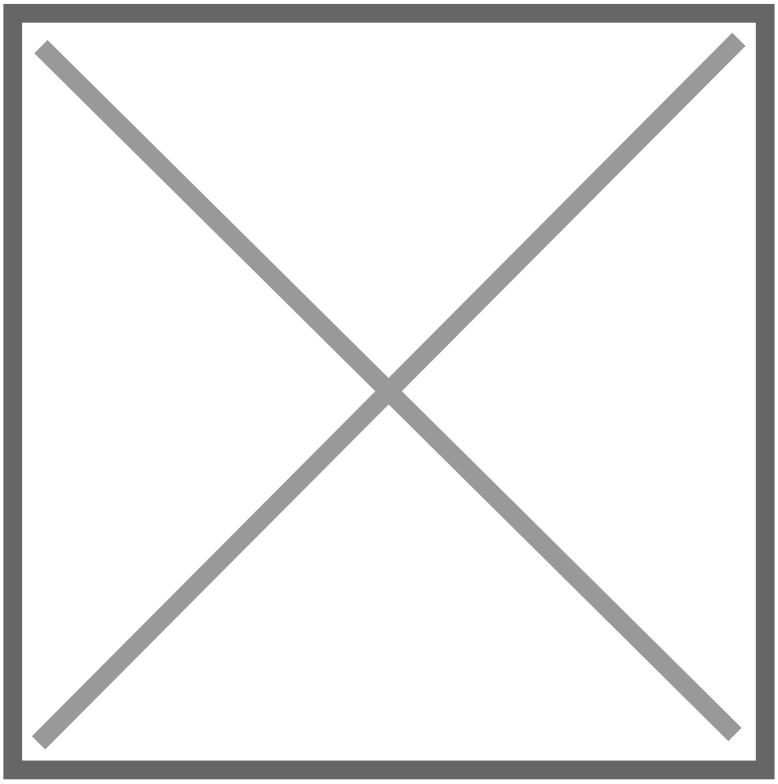
Pineapple fried rice (kao-pad supparod)



The fried rice is tender, perfectly cooked and not broken apart. This dish is fragrant from the pineapple.

Ingredients

- 3 cups cooked white rice
- 100 g cooked chicken breast or pork, cut into small pieces
- 4 prawns
- 1 tbsp garlic, finely chopped
- 0.5 cup pineapple, diced into 14 inch-cubes
- 25 g each green and red bell pepper, sliced into.25 inch-pieces
- 50 g onion, diced into.25 inch-cubes
- 1 tbsp fish sauce
- 1 tsp sugar
- 0.25 tsp ground salt
- 0.5 tsp ground white pepper
- 1 egg, beaten
- 0.25 cup vegetable oil

Instructions

1. Peel the prawns, devein and remove the heads. In a saucepan on medium heat stirfry the prawns without any oil until cooked. Set aside.

2. Heat 1 tbsp oil in a saucepan on medium heat. When the oil is hot, add the beaten egg into the middle of the pan. Tilt the pan around and allow the egg to thinly come the pan. When the egg is cooked, roll and remove from the pan. Allow the omelet to cool before slicing the roll into thin slices.
3. Heat the remaining oil in a pan over medium heat. Stir-fry the garlic until fragrant then add the chicken and stir-fry until the chicken is cooked. Add the cooked prawns and rice and stir to mix.
4. Add fish sauce, sugar, pineapple, bell pepper and onion and stir through. Season and adjust the taste. Transfer to a serving plate and place the thinly sliced omelet on top.
5.

Notes

For the cooked jasmine rice that does not stick together in lumps, rinse 2 cups of jasmine rice and drain. Add 1 tbsp of vegetable oil and mix well. Add 2 cups of water and cook the rice with a rice cooker.

Choose a pineapple that is sweet and sour, but not too sour, as both the flesh and the juice will be used. Cut the pineapple lengthwise and scoop out the flesh. The shells can be used as a bowl to serve the pineapple fried rice.

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