



Locust Fried Rice

Ingredients:

- 2 tsp oil
- 1 egg, beaten
- 2 rashers bacon, chopped
- Approx. 40 roasted locust
- 200 g frozen peas
- 1 garlic clove, crushed
- Small knob of fresh root ginger, grated
- 2 tsp soy sauce, plus extra to serve
- 1 tsp sugar
- 250g cooked basmati rice

Instructions:

Heat the oil in a frying pan, then tip in the egg. Leave to set for 30 seconds - 1 minute, then take it out and finely slice. Add locust and mushrooms to pan, then fry until golden (approx. 3 minutes). Add peas, garlic and ginger, cook for 1 minute.

Mix the soy sauce and sugar. Turn up the heat, add the cooked rice to the pan, heat through, then splash in the soy sauce Stir through the egg and serve straight away, with more soy sauce to taste.

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