



Cheesy Egg Rice and Zucchini Frittata

1 x 250g packet SunRice
Oriental Style Egg Fried Rice
in 90 Seconds

6 eggs, beaten

400g grated zucchini

2 spring onions, sliced

Black pepper and sea salt to taste

30g grated cheese

80g feta cheese, crumbled

Fresh herbs to garnish
(sage, parsley)

Lemon zest (optional)

Microwave rice for 90 seconds as per packet instructions

Combine rice, eggs zucchini, spring onion,
seasoning and grated cheese

Pour mix into a heated non-stick pan and cook for 3 minutes on
top of the stove over a medium heat

Arrange feta cheese on top and grate over a little lemon zest

Transfer to a pre-heated 200°C oven and finish cooking for
another 5 minutes until golden

Serve warm and enjoy

Makes 10 frittatas or serves 2
Prepared and cooked
in 10 minutes



The Rice Food Experts

www.10minutemeals.com.au

Oriental Style Egg Fried Rice

Experience the great tastes of Asia with Oriental Style Egg Fried Rice.
Specially prepared with a delicious blend of scrambled egg,
ham, vegetables and rice.

