

## Tuna Fried Rice

**Serves:** 3

**Ingredients:**

Pre-cooked and cooled Thai Rice (preferably cooked the night before): 2 ½ cups  
Red Onion: 1 Cup finely chopped  
Green chillies: 4-5, chopped fine (This makes it very spicy, adjust to your own tolerance)  
Garlic, lightly pounded: 3 cloves  
Olive Oil: 1 tbsp  
Canned Tuna flakes in EVOO (use any other similar variety): 150 gms  
Spring onions (also known as Scallions), finely chopped (green parts): ¼ cup  
Fish sauce: 1 Tbsp  
Dark soya sauce: 1 tsp  
Worcestershire sauce: 2 tsp  
Black Pepper powder (coarsely powdered): ¼ tsp (or adjust to taste)  
Salt: a pinch

**How I did it:**

1. The rice needs to be precooked and cold. This is important to ensure the grains of rice are separate and not lumpy when making the fried rice. When cooking the rice for fried rice, put a little less water than you would do normally.
2. Heat a wok. When the wok is hot, add oil to it.
3. Add the lightly pounded garlic. Reduce the fire and let the garlic cook for a few seconds without getting burnt. Add the chopped onions and green chillies. Let it soften while stirring continuously. Onions will change colour to a beautiful pink. Approx 3 mins on low heat.
4. When the onions turn pink, add the cold and precooked rice and a tiny pinch of salt and increase the heat to high. Using the back of a ladle/spatula, push the rice towards the centre of the wok, removing any lumps while mixing it with the onions.
5. Now add the tuna followed by all the sauces and the black pepper powder. Bring it together on high heat.
6. Add the chopped spring onions. Give it one last good stir and serve it immediately with some sliced cucumbers and wedges of lime.

**Notes:**

- Fish sauce is quite salty. I would suggest that you add half the quantity of fish sauce first and adjust the taste as per your liking.
- In my opinion, a fried rice cannot have the same texture and taste if it's cooked with freshly cooked or hot rice. Therefore, try to cook the rice at least a few hours in advance.
- If you don't have spring onions, replace it with some finely chopped fresh coriander leaves or cilantro. That little bit of green is essential to provide a little freshness to this simple fried rice.
- I had to cook for my 4 year old son, so I added the green chillies right in the end. If not, I would have added them together with the onions, or lightly pound them together with the garlic in the very beginning. Go ahead and do whatever suits your situation.