

Treasure Barrel

Asun Fried Rice Recipe

A hearty and flavorful fried rice dish with tender lamb, vibrant vegetables, and aromatic spices.

20 min Prep time	**15 min** Cook time	**35 min** Total time
4 Servings	**Medium** Difficulty	**Nigerian** Cuisine

Ingredients

Main Ingredients

- [ ] 3 cups day-old cooked rice
- [ ] 1 lb lamb shoulder, cut into small cubes
- [ ] 2 tablespoons vegetable oil
- [ ] 3 cloves garlic, minced
- [ ] 1 tablespoon fresh ginger, minced
- [ ] 1 onion, diced
- [ ] 1 red bell pepper, diced
- [ ] 1 green bell pepper, diced
- [ ] 2 eggs, beaten
- [ ] 4 green onions, sliced

For the Sauce

- [ ] 3 tablespoons soy sauce
- [ ] 1 tablespoon oyster sauce
- [ ] 1 teaspoon sesame oil
- [ ] 1/2 teaspoon black pepper
- [ ] 1/4 teaspoon red pepper flakes (optional)

Instructions

1. Heat a large wok or skillet over high heat. Add 1 tablespoon of oil and swirl to coat. Add the lamb cubes and cook until browned on all sides, about 4-5 minutes. Remove from the wok and set aside.
2. Add the remaining oil to the same wok. Add the garlic and ginger and stir-fry for 30 seconds until fragrant. Add the onion and bell peppers and cook for 2-3 minutes until slightly softened.
3. Push the vegetables to one side of the wok. Pour the beaten eggs into the empty space and scramble until cooked through, then mix with the vegetables.
4. Add the day-old rice to the wok, breaking up any clumps with your spatula. Stir-fry for 2-3 minutes until the rice is heated through and slightly toasted.
5. Return the cooked lamb to the wok. Add the soy sauce, oyster sauce, sesame oil, black pepper, and red pepper flakes if using. Toss everything together until well combined.
6. Turn off the heat and stir in the green onions. Taste and adjust seasoning if needed. Serve immediately while hot.

Nutrition per serving

420 kcal	25 g	38 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Day-old rice is essential for the best texture—fresh rice will make the dish mushy
- Don't overcrowd the wok—cook in batches if necessary for the best results
- Adjust the spiciness by increasing or omitting the red pepper flakes