

Directions

0/0 steps made

1. Soak the rice in water for 1/2 hour. Bring a large pot of water to the boil. Add 1 tbsp salt and the soaked rice, stir frequently.
2. When just cooked, drain and rinse with cold water. The rice should not be completely tender because it will be fried for a few minutes too.
3. Heat oil in a separate pan and fry garlic for 1 minute. Add the carrots and rice. Cook on high heat for 2 minutes.
4. Sprinkle in the salt and spring onions. Cook for 1 minute, stirring briskly. Beat egg whites and stir into a separate pan.
5. Cook for 2 minutes. Mix the egg mixture into the rice. Stir and cook covered for 5 minutes.