

Muffin-pan fried rice cups

15m prep | 50m cook | makes 12 ★★★★★ 6

 148 calories per serve

 **Allergens:** Recipe may contain gluten, wheat, egg, sesame and soybean.

9 Ingredients

- 1 cup **brown rice**
- 2 tsp extra virgin olive oil
- 1 small brown onion, finely chopped
- 2 shortcut bacon rashers, trimmed, finely chopped
- 12 square wonton wrappers
- 1/2 cup frozen peas
- 300g can corn kernels, drained
- 2 tbsp hoisin sauce
- 3 eggs, lightly beaten

5 Method Steps

Step 1

Cook rice following absorption method on packet. Transfer to a heatproof bowl.

Step 2

Meanwhile, heat oil in a frying pan over medium-high heat. Add onion. Cook for 5 minutes or until softened. Add bacon. Cook for 5 minutes or until golden. Add to rice. Set aside for 10 minutes to cool.

Step 3

Preheat oven to 220°C/200C fan-forced. Grease a 12-hole (1/3-cup-capacity) muffin pan. Line holes with wonton wrappers.

Step 4

Add peas, corn, hoisin sauce and egg to rice mixture. Season with pepper. Stir to combine. Spoon mixture into prepared pan holes, pressing to compact. Bake for 20 to 22 minutes or until golden and just firm to touch.

Step 5

Stand in pan for 10 minutes. Using a butter knife, carefully lift cups from pan and transfer to a wire rack to cool completely. Once cold, wrap individually in plastic wrap, then foil. Freeze for up to 2 months. Remove foil and place in lunchbox.

RECIPE NOTES

Three more lunchbox muffins:

- [Coconut and raspberry banana bread muffins](#)
- [Zucchini, carrot and honey muffins](#)
- [Quick and easy pizza muffins](#)

NUTRITIONAL INFORMATION

NUTRITION PER SERVING			%Daily Value#		
Energy	618 kj (148cal)	7%	Carbohydrate Total	24.1g	8%
Protein	5.5g	11%	Sugars	0g	0%
Total Fat	2.7g	4%	Dietary Fiber	1.9g	6%
Saturated	0.6g	3%	Sodium	291mg	13%
Cholesterol	0.1g	-			

Nutrition information is calculated using an ingredient database and should be considered an estimate.
The % daily values indicates how much of a nutrient in a food serving contributes to a daily diet, based on general nutritional advice for a diet of 2100 calories a day.