

Fried Rice

Serves: Serves 4 at home

Difficulty: Easy

Fresh from the garden: carrot, shallots, peas, capsicum, onions

| Ingredients: | | Equipment: | |
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| <ul style="list-style-type: none"> 🍷 2 cup rice 🍷 4 eggs 🍷 2 tablespoons vegetable oil 🍷 1 carrot peeled and grated 🍷 2 onions finely sliced 🍷 1/2 cup peas 🍷 1/2 cup corn 🍷 1 tomato finely diced 🍷 1 tablespoon soy sauce, plus extra to serve | <ul style="list-style-type: none"> 🍷 Salt and pepper 🍷 Chopped green capsicum | <ul style="list-style-type: none"> 🍷 Cutting board 🍷 Sharp knife 🍷 Measuring cups 🍷 Measuring spoons 🍷 Grater 🍷 Peeler 🍷 Whisk 🍷 Small bowl | <ul style="list-style-type: none"> 🍷 Medium mixing bowl 🍷 Wooden spoon 🍷 Jug |

What to do: Preheat oven to 180C

- 🍷 Cook the rice in a large saucepan of boiling water for 12 minutes or until tender, drain and leave to cool.
- 🍷 Using a whisk, lightly beat eggs in a small bowl
- 🍷 Heat oil in non-stick wok or large frying pan over medium heat, add eggs
- 🍷 Swirl over base to form an omelette, cook for 2 minutes turn and cook for a further 2 minutes until set, transfer to a chopping board. Set aside to cool slightly and cut into short strips.
- 🍷 Add remaining oil if needed, then rice and fry quickly to coat each grain with hot oil.
- 🍷 Add onions, carrot, stir fry for 1 minute add shallots, tomatoes, peas and corn, season with salt and pepper, cook stirring often.
- 🍷 Add egg and soy sauce
- 🍷 Stir until heated through.
- 🍷 Serve immediately, with extra soy.