



## Fried Rice

**Season:** Any

**Type:** Side dish

**Fresh from the garden:** eggs

**Difficulty:** Easy

**Serves:** 18 tastes

<b>Equipment:</b>	<b>Ingredients</b>
Chopping boards and Mats Chef's knife Wok Wooden spoon measuring spoons	1 tbsp. Olive oil 4 eggs 2 garlic cloves 2 cm piece ginger 1 red capsicum 2 carrots peeled 2 spring onions 1 cup frozen peas 1 cup bean sprouts 2 cups long grain rice 3 tbsp. soy sauce

### What to do:

1. Chop garlic and ginger.
  2. Slice spring onions and finely chop carrot and capsicum.
  3. Measure 2 litres of water in a saucepan, bring to the boil. Once boiling, add 2 cups rice and simmer covered on a low heat for 12 minutes. (this will be for the next class)
  4. Heat 1 tsp oil in wok. Lightly whisk 2 eggs, pour into hot pan to make an omelette, roll up and put aside on a plate to cool. Repeat with the remaining 2 eggs.
  5. Heat remaining oil, then add garlic and ginger, fry for 1 minute.
  6. Add carrots and capsicum, fry for 3 minutes.
  7. Add peas and spring onions, fry for 3 minutes.
  8. Add cooled rice and soy sauce.
  9. Slice rolled up omelettes then mix into fried rice, then toss through the raw bean sprouts. Prepare to serve.
  10. Take rice off heat, fluff with a fork then spread out on a baking tray and cover with glad wrap. Place in fridge for next class.
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