

# Fried Rice

Fried rice is a very popular dish. The texture, taste and crunch are elements almost everyone likes. Once you've mastered this basic recipe, you can adapt it to your own tastes with the vegetables that are in season.

<p><b>Equipment</b></p> <p>Measuring spoons          Measuring cups          Microplane          Chopping board          Knife          Scales          Whisk          Frypan          Wooden spoon          Saucepan or rice cooker.</p>	<p><b>Ingredients:</b></p> <ul style="list-style-type: none"> <li>• 6 eggs</li> <li>• 2 tablespoons of sunflower oil</li> <li>• 6 garlic cloves, grated with a microplane</li> <li>• Good pinch of salt</li> <li>• ½ cauliflower, chopped into bite size pieces</li> <li>• 6 cups of freshly cooked rice, warm but not steaming hot</li> <li>• 6 tablespoons of light soy sauce</li> <li>• Pinch of caster sugar</li> <li>• Pepper to taste</li> <li>• 100 grams of peas (fresh or frozen)</li> <li>• 9 spring onions, sliced into 1 cm lengths.</li> </ul>
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## What to do:

1. Prepare all the ingredients based on the instructions in the ingredient list.
2. Whisk the eggs in the bowl.
3. Heat the wok (or frypan) and add 1 tablespoon of oil. Pour the egg mix into the frypan and cook on a high heat until the egg is cooked right through and looks like a big omelette.
4. Remove the egg from the pan, place it on the chopping board. Slice it up and set aside.
5. Heat the frypan over low-medium heat and add 1 tablespoon of oil, then add the garlic and salt. Fry until the garlic is just beginning to colour.
6. Fry the cauliflower until tender.
7. Add the rice, turn down the heat to low then mix and toss the rice, frying it gently and ensuring that all the grains are lightly coated in oil.
8. Season with soy sauce, sugar and pepper and continue to fry until the soy sauce is absorbed.
9. Stir through egg, peas and chopped spring onion.