

FRIED RICE WITH VEGETABLES

From our garden: Eggs, spring onions

NOTES TO STUDENTS: Please focus on your cutting skills.

NOTES TO VOLUNTEER: Please supervise the cooking of this dish and assist students with correct knife technique.

EQUIPMENT

Chopping board
Small knife
Peeler
Grater
Wok
Wooden spoon
Measuring spoons
Measuring cups
Small bowl
Whisk
Plate
Paper towel
Serving bowls

INGREDIENTS

10 cups of cooked rice
1 red capsicum
1 cup cooked peas
1 cup cooked corn
3 shallots
2 carrots
2 cloves of garlic
3 spring onions
3 eggs
4 tablespoons of vegetable oil
4 tablespoons soy sauce

What to do

- Peel and finely chop the garlic.
- Peel and finely dice the shallots.
- Trim the ends of the spring onions. Wash, dry and then peel the spring onions, finely slice the spring onions diagonally (to be used as the garnish)
- Trim, peel and grate the carrots.
- Wash, cut and remove the seeds from the capsicum and then finely dice.
- Lightly whisk the eggs together in a small bowl
- Heat 2 teaspoons of the vegetable oil in a wok over a high heat. Pour in the eggs and stir for 30 seconds or until just cooked. Transfer to a plate & set aside to cool. Wipe the wok clean with paper towel.
- Reheat the wok to medium and add the remaining oil.
- Add the garlic and shallots and cook for 1 minute (stirring constantly with a wooden spoon).
- Add the carrot and red capsicum and peas and corn. Stir for 1 minute.
- Add the rice and stir to heat and combine all the ingredients.
- Add the soy sauce and stir to combine all ingredients.
- Roll the eggs up like a pancake and chop finely.
- Place the rice into serving bowls.
- Garnish with the egg and spring onions.
- When serving, don't forget the serving spoons.