

Fried Rice

Ingredients:

2 cups long grain rice, cooked and cooled

2 carrots, peeled and grated

2 garlic cloves, chopped fine

3 spring onions, sliced fine

2 stalks celery, finely sliced

1 tin corn kernels, rinsed and drained

1 handful snow peas chopped

1 bunch cabbage leaves, washed and shredded

1 bunch garlic chives, washed and chopped fine

4-6 eggs whisked in a jug with 100ml water, salt and pepper



What to do:

- 1) Heat large wok over heat with a drizzle of oil.
- 2) Stir fry onions garlic and carrots together for a few mins.
- 3) Add rice to wok and continue to stir fry.
- 4) Add remaining vegetables and season well.
- 5) Grease a small pan with oil and pour egg mixture in in 2 batches to make omelette.
- 6) Serve rice garnished with thin slices of omelette.