

Malagasy Fried Rice

Season: Summer

Type: Madagascan Main or Side

Difficulty: 

Serves: 6

Fresh from the garden: onion, garlic, carrots, bok choy, spring onion, coriander.

Equipment:

Small Saucepan with lid
Chopping boards and mats
Measuring cups and spoons
Wooden spoon
Large frying pan
Small non-stick frying pan
Egg slice/spatula

Ingredients:

1 cup rice
¼ cup oil
1 small onion, sliced thin
4 tsp grated garlic
1 Tbsp grated fresh ginger
3 carrots cut into thin rounds
2 baby bok choy cut into thin slices
1 spring onion sliced thin
3 Tbsp chopped coriander
2 Tbsp soy sauce
2 Tbsp oyster sauce
2 Tbsp water
1 Tbsp cornflour
4 eggs
salt and pepper to taste

Method:

- Bring 1 ½ cups water to a boil in a small Saucepan.
- Add rice let boil 3 minutes and then reduce heat to low and cover.
- Cook approximately 18-20 minutes or until all of the water has absorbed. Set aside.
- In a large frying pan over medium heat, fry onion in oil.
- When translucent, add garlic and ginger and cook one minute.
- Add carrots and bok choy and cook until almost tender.
- In a separate bowl, combine soy sauce, oyster sauce, water and cornflour and whisk to make a sauce.
- Pour sauce into vegetables and let cook three minutes to thicken.
- Add cooked rice to pan and stir to coat evenly; remove from heat.
- Add in coriander and spring onion and stir.
- In a non-stick frying pan over medium heat, fry your eggs one by one in a generous amount of oil.
- To serve, place one fried egg in the bottom of a bowl. Spoon the rice mixture over it and gently press rice down.
- Turn out the egg/rice onto a plate.