

Fried Rice



Season: Spring/summer

Type: Chinese side dish

Difficulty: 

Serves: 12

Fresh from the garden: Spring onions, onions, peas, corn, carrots

Equipment:	Ingredients:
Chopping board	6 spring onions
Knife	1 tablespoon vegetable oil
Peeler	1 large onion
Medium bowl	1 ½ cups peas
Frying pan or wok	1 carrot
Egg flipper (flat spoon)	2 cobs of corn or 1 tin
Plate	6 cups cooked rice
	2 tablespoons soy sauce

Method:

- Slice spring onions finely.
- Chop the onion.
- Peel the carrot and dice (cut into small cubes).
- Remove the corn from the cob.
- Heat the oil in the pan.
- Add onion and stir-fry for 30 seconds.
- Add the remaining vegetables and toss until heated.
- Add rice and soy sauce.
- Continue to toss until heated through.

Notes: Other ingredients you could add to this dish include carrots, broccoli, cauliflower and bok choy. You could also add bacon or prawns and egg.