

**Fried Rice**

**Season:** Any

**Type:** Side dish

**Difficulty:** Easy

**Serves:** 35 tastes

**Fresh from the garden:** eggs

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| **Equipment:**Chopping boardChef’s knife WokWooden spoonmeasuring spoons | * **Ingredients**
* 1 tbs Olive oil
* 4 eggs
* 2 garlic cloves
* 2cm piece ginger
* 1 red capsicum
* 2 carrots
* 4 spring onions
* 1 cup frozen peas
* 1 cup frozen corn
* 2 cups long grain rice
* 2 tbs soy sauce
* 1 tbs fish sauce
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**What to do:**

1. Chop garlic and ginger.
2. Slice spring onions and finely chop carrot and capsicum.
3. Measure 1 litre water in a saucepan, bring to the boil. Once boiling, add 2 cup rice and simmer covered on a low heat for 12 minutes. (this will be for the next class)
4. Heat 1 tsp oil in wok. Lightly whisk 2 eggs, pour into hot pan to make an omelette, roll up and put aside on a plate, repeat with remaining 2 eggs.
5. Heat remaining oil, then add garlic and ginger, fry for 1 minute.
6. Add carrots and capsicum, fry for 3 minutes.
7. Add peas, corn and spring onions, fry for 3 minutes.
8. Add cooled rice and soy sauce and fish sauce.
9. Slice rolled up omelettes then mix into fried rice.
10. Take rice off heat, fluff with a fork then spread out on a baking tray and cover with glad wrap. Place in fridge for next class.