

Fried Rice

Makes 30 tastes in the classroom.

Equipment:	Ingredients:
Chopping board Knives – large Measuring spoons and scales Wok Spatula or wok sang Whisk Mixing bowl Serving bowl & large serving spoon	6 cups freshly cooked rice 4 tbsp. sunflower oil 6 garlic cloves, crushed Good pinch salt 6 eggs (if using), whisked together ½ cauliflower, chopped into small pieces 6 tbsp. light soy sauce 9 spring onions sliced finely on the diagonal 100g peas (fresh or frozen) 2 handfuls silver beet or spinach, washed and roughly chopped 2 carrots, peeled and chopped into fine dice 2 cobs corn, cooked, kernels removed

What to do:

1. Prepare ingredients based on the instructions in the ingredients list.
2. Heat the wok over low-medium heat and add 2 tablespoons of the oil, then add the garlic and the salt. Fry until the garlic is just beginning to colour.
3. Pour eggs into the wok and cook on a high heat until the egg is cooked through and looks like a big omelette.
4. Remove the egg from the pan and allow to cool slightly, so you can then slice it up into small strips. Set aside.
5. Fry the cauliflower until tender.
6. Add the rice, turn down the heat to low then mix and toss the rice, frying it gently and ensuring that all the grains are lightly coated in oil.
7. Season with the soy sauce and pepper and continue to fry until the soy sauce is absorbed.
8. Stir through the chopped spring onions, silver beet, egg, peas and spinach, reserving a few spring onions to sprinkle over the fried rice when serving. Continue cooking for 1-2 minutes to warm vegetables through, and transfer the rice to serving bowls for the table.
9. Serve sprinkled with spring onions.