

Fried Rice

Season: Any

Serves: 10 tastes

Recipe source: Adapted from recipetineats.com.au

Fresh from the garden: bok choy, spring onions, broccoli leaves, mushrooms, coriander, limes.

Equipment:	Ingredients:
Chopping boards	2 tablespoons vegetable oil
Knives and/or scissors	1 small onion, finely chopped
Measuring cups and spoons	3 cloves garlic, crushed
Whisk	150g bacon or ham, diced
Mixing bowls	1 cup chopped mushrooms
Spatula or wooden spoon	½ cup frozen peas
Electric frypan	½ cup frozen corn
Individual serving bowls	½ cup chopped capsicum
	2 large handfuls Asian/seasonal greens
	4 cups cooked and cooled white rice
	3 eggs, whisked
	2 spring onions, sliced
	Sauce:
	2 tablespoons Chinese cooking wine
	2 tablespoons oyster sauce (or vegetarian alternative)
	2 tablespoons light soy sauce
	2 teaspoons sesame oil, optional
	Coriander leaves, chopped
	Lime segments

What to do:

1. Prepare all the ingredients before beginning to cook.
2. Heat about 1 1/2 tbsp oil in the electric frypan until very hot.
3. Add onion, garlic and ham. Cook until onion is light golden – a couple of minutes. Add mushrooms and cook for a further minute.
4. Add remaining vegetables (except the spring onions) and toss until lightly cooked and warmed through.
5. Add rice and sauce ingredients. Cook for a few minutes until liquid evaporates.
6. Scramble egg – move rice to the side of the frying pan. Add 1/2 tablespoon oil into the cleared space. Pour in egg then scramble – cook it through properly, don't "soft scramble".
7. Add the spring onion to the pan and stir the egg and spring onion into the rice.
8. Turn off the heat. Distribute evenly between the individual serving bowls. Serve with chopped coriander and lime segments for seasoning/garnish.