FRIED RICE WITH VEGETABLES

From our garden: Eggs, spring onions

NOTES TO STUDENTS: Please focus on your cutting skills.

NOTES TO VOLUNTEER: Please supervise the cooking of this dish and assist students with correct knife technique.

EQUIPMENT
- Chopping board
- Small knife
- Peeler
- Grater
- Wok
- Wooden spoon
- Measuring spoons
- Measuring cups
- Small bowl
- Whisk
- Plate
- Paper towel
- Serving bowls

INGREDIENTS
- 10 cups of cooked rice
- 1 red capsicum
- 1 cup cooked peas
- 1 cup cooked corn
- 3 shallots
- 2 carrots
- 2 cloves of garlic
- 3 spring onions
- 3 eggs
- 4 tablespoons of vegetable oil
- 4 tablespoons soy sauce

What to do

- Peel and finely chop the garlic.
- Peel and finely dice the shallots.
- Trim the ends of the spring onions. Wash, dry and then peel the spring onions, Finely slice the spring onions diagonally (to be used as the garnish)
- Trim, peel and grate the carrots.
- Wash, cut and remove the seeds from the capsicum and then finely dice.
- Lightly whisk the eggs together in a small bowl
- Heat 2 teaspoons of the vegetable oil in a wok over a high heat. Pour in the eggs and stir for 30 seconds or until just cooked. Transfer to a plate & set aside to cool. Wipe the wok clean with paper towel.
- Reheat the wok to medium and add the remaining oil.
- Add the garlic and shallots and cook for 1 minute (stirring constantly with a wooden spoon).
- Add the carrot and red capsicum and peas and corn. Stir for 1 minute.
- Add the rice and stir to heat and combine all the ingredients.
- Add the soy sauce and stir to combine all ingredients.
- Roll the eggs up like a pancake and chop finely.
- Place the rice into serving bowls.
- Garnish with the egg and spring onions.
- When serving, don’t forget the serving spoons.