

Stir-fried Rice



Equipment

Chopping board
Sharp knife
Garlic crusher
Vegetable peeler
1 large frying pan or wok
1 large saucepan
Heat resistant spatula
Measuring spoons
Sieve
Plate

Ingredients (serves 2)

200g broccoli
½ onion
1 carrot
3-4 baby sweetcorn
50g sugar snap peas or round green beans
100g bean sprouts (optional)
1 garlic clove
1cm piece of fresh ginger
150g long grain rice
1 x 15ml spoon oil
2 eggs (**egg**)
Black pepper
3 x 15ml tbsp vegetable oil
1 ½ x 15ml table spoons soy sauce (**soya**)

Method

1. Prepare the vegetables:

- cut the broccoli into small florets
- peel and dice the onion and carrot into small cubes
- cut the baby corn in half lengthways and then into even sized pieces;
- cut the sugar snap peas into small pieces
- peel and crush/grate the garlic and ginger
- wash the beansprouts in cold water (if using)

2. Bring a large pan of water to the boil. Add the rice and cook for 10-12 minutes until tender.

3. When the rice is cooked, drain and rinse with cold water using the sieve. Leave to cool.

4. Heat 2 tablespoons of the oil in a large frying pan or wok over a medium high heat. Add the onion and fry for 3-4 minutes until softened.

5. Add the broccoli, carrot, baby corn and sugar snap peas. Stir-fry for 8-10 minutes until the vegetables are starting to soften.




6. Add the cooked rice, ginger and garlic to the pan. Fry, mixing well with the vegetables, for 5 mins until the rice is piping hot and starting to go slightly crispy.

7. Crack the eggs into a jug and season with black pepper. Mix well.

8. Move the rice and vegetables to one side of the frying pan. Add the 1 tbsp oil to the empty side of the pan with oil and pour in the eggs.

9. Cook, stirring constantly, for 3 mins until the eggs are cooked through and look a little like scrambled egg, then mix with the vegetables and rice, then soy sauce.

Together We Cook

	<p>Serving Ideas</p> <p>Sprinkle with some chopped salad onions and some sticky sweet chilli sauce.</p> <p>Cook some pieces of chicken in the frying pan before the onion and vegetables are added.</p> <p>Prawns (Crustaceans) could be added just before the eggs are added.</p>
	<p>Variations</p> <p>Quorn or chicken pieces could be added instead of egg.</p> <p>Add some chopped baby spinach leaves with the other vegetables.</p>
	<p>Leftovers</p> <p>Reheating rice can be tricky to keep safe so we recommend you eat all of your recipe this time or eat up leftovers without reheating.</p>

