



VEGETABLE FRIED RICE

Season: Any
From the garden: Spring onion, cabbage, kale, silverbeet, coriander, carrots, eggs
Type: Dinner
Difficulty: Moderate
Country of origin: China
Serves: 6 serves or 30 tastes
Source: Andrea Habacht, GTT kitchen specialist, Oropi school

Equipment

- *chopping board and knife
- *frying pan and wooden spoon
- *colander
- *measuring spoons
- *bowls
- *fork

Ingredients

- * $\frac{1}{4}$ white cabbage
- *bunch of spring onion
- *big handful of greens (kale, spinach or silverbeet)
- *2 medium carrot
- *small bunch of fresh coriander
- *2 clove garlic
- *3 eggs
- *6 cups cold, cooked long grain rice
- *4 tbsp soy sauce
- *3 tbsp oyster sauce
- *1 tbsp sesame oil
- * $\frac{1}{2}$ tsp chilli powder or flakes
- *1 tsp coriander powder
- *oil for frying

Method

- 1.wash and chop all the vegetables into small, even pieces**
- 2.peel and chop the garlic**
- 3.break the eggs into a bowl and whisk with a fork**
- 4.heat a little oil in a frying pan and cook the eggs until set (scrambled), set aside**
- 5.add some more oil in the pan and starting with the carrots, cook the vegetables and garlic until softened**
- 6.add the spices, cook for another minute, then add the sauces**
- 7.add the rice and squish it down with the back of a wooden spoon to break it up**
- 8.keep on cooking until the rice is warmed up and everything is mixed**
- 9.add the scrambled eggs and mix again**

Notes: Another versatile recipe..Depending on the saison, a variety of vegetables can be added.

Skills: *measuring, chopping, frying*