



VEGETABLE FRIED RICE

Season: Any
From the garden: Snowpeas, cabbage, kale, spinach, cauliflower, coriander
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

- * $\frac{1}{2}$ medium cauliflower
- *small onion
- * $\frac{1}{2}$ small cabbage
- *handful of snow peas
- *big handful of leafy vegetables
- *2 clove garlic
- *2 eggs
- *6 cups cold, cooked long grain rice
- *3 tbsp soy sauce
- *3 tbsp hoisin sauce
- *1 tbsp sesame oil
- *1 tsp coriander powder
- *fresh coriander to serve
- *oil for frying

Method:

- 1.cut the florets of the cauliflower and slice the snow peas into strips. Microwave cauliflower for a few minutes to soften**
- 2.slice cabbage and greens finely. Remove any tough stalks before slicing**
- 3.peel and chop the garlic and onion**
- 4.break the eggs into a bowl and whisk with a fork**
- 5.heat a little oil in a frying pan and cook the eggs until set (scrambled), set aside**
- 6.add some more oil in the pan and cook the vegetables and garlic until lightly browned and softened. Don't overcrowd the frying pan, use two pans if necessary**
- 7.add the ground coriander, cook for another minute, then add the sauces and eggs**
- 8.add the rice and squish it down with the back of a wooden spoon to break it up**
- 9.keep on cooking until the rice is warmed up and everything is mixed**
- 10.serve with some chopped fresh coriander on top**

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

Skills: *measuring, chopping, frying*