



# VEGETABLE FRIED RICE

**Season:** Any  
**From the garden:** Leek, cauliflower, broccoli, snow peas, cabbage, 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

- \*1 small cauliflower or broccoli
- \*2-3 small leeks
- \* $\frac{1}{2}$  small cabbage
- \*handful of snow peas
- \*small bunch of fresh coriander
- \*2 clove garlic
- \*2 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 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*