



Fried Rice

Season: All seasons

Serves: 25

Recipe source: Centre cut cook



Fresh from the garden: spring onions, coriander

Equipment:	Ingredients:
Cutting mat	2 eggs (whipped together)
knife	1 small onion, diced
Electric wok	2 garlic cloves, minced
Small bowl for beating eggs	3 slices bacon
Spatula	1 cup frozen peas
Wooden spoon	1 red capsicum, diced
4 serving trays	2 carrots, diced small
	1/2 tin corn kernels
	3 cups cooked, cold brown rice
	3 tbsp soy sauce
	3 tbsp oyster sauce
	2 tsp oil
	3 tbsp chopped green onions
	coriander

What to do:

1. In a large wok coated with oil, scramble the two eggs over medium heat then remove from pan to a plate to keep warm.
2. Add the onion and bacon to the wok and stir, cooking until the onions have softened, about 3-5 minutes. Remove from wok and set aside.
3. Add 1 tsp of sesame oil to the wok and stir fry the garlic for 30 seconds. Add the frozen peas, capsicum, corn, and carrots and stir fry for an additional 2 minutes. Add the brown rice and stir to combine. Add the oyster sauce and soy sauce. Stir to heat through.
4. Add the onions and eggs back in the wok and stir in the green onions.
5. Heat through, serve immediately. Enjoy!