# Fried Rice

**Serves:** Serves 4 at home  
**Difficulty:** Easy

**Fresh from the garden:** carrot, shallots, peas, capsicum, onions

## Ingredients:
- 2 cup rice
- 4 eggs
- 2 tablespoons vegetable oil
- 1 carrot peeled and grated
- 2 onions finely sliced
- 1/2 cup peas
- 1/2 cup corn
- 1 tomato finely diced
- 1 tablespoon soy sauce, plus extra to serve
- Salt and pepper
- Chopped green capsicum

## Equipment:
- Cutting board
- Sharp knife
- Measuring cups
- Measuring spoons
- Grater
- Peeler
- Whisk
- Small bowl
- Medium mixing bowl
- Wooden spoon
- Jug

## What to do: Preheat oven to 180°C

1. Cook the rice in a large saucepan of boiling water for 12 minutes or until tender, drain and leave to cool.

2. Using a whisk, lightly beat eggs in a small bowl

3. Heat oil in non-stick wok or large frying pan over medium heat, add eggs

4. Swirl over base to form an omelette, cook for 2 minutes turn and cook for a further 2 minutes until set, transfer to a chopping board. Set aside to cool slightly and cut into short strips.

5. Add remaining oil if needed, then rice and fry quickly to coat each grain with hot oil.

6. Add onions, carrot, stir fry for 1 minute add shallots, tomatoes, peas and corn, season with salt and pepper, cook stirring often.

7. Add egg and soy sauce

8. Stir until heated through.

9. Serve immediately, with extra soy.