

Coconut Fried Rice With Garden Greens

Bialik College Kitchen Garden Program



Ingredients:

- 3 cups Jasmine rice
- 3 cups water
- pinch of salt
- 1 can coconut milk
- ½ onion, finely diced
- 2 carrots, diced
- 2 cloves garlic, finely chopped
- 12 x chard leaves, stems discarded, leaves shredded
- 5 eggs, lightly beaten
- 1 tablespoon soy sauce
- 1 tablespoon oyster sauce

Equipment:

- chopping board
- knife
- wok
- metric measuring cups/spoons
- saucepan with lid
- salad spinner
- bowl
- fork

Method:

1. Rinse rice under cold water a few times, till clean.
2. Place rice in a saucepan with water and coconut milk and a pinch of salt. Place over high heat and bring to the boil.
3. Once boiling, turn down the heat to low and cover with a lid. Cook for 10 minutes. (Use a timer!)
4. Remove saucepan from heat and don't open the lid, leave for another 10 minutes. Then fluff up with a fork.
5. Chop all your ingredients and have it ready to be stir fried.

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6. Heat a wok and add a little oil.
7. Place eggs in and make an omelette. Put omelette on a chopping board and shred with cool enough to handle. Set aside.
8. Add the onion and carrots to wok with some more oil. Stir occasionally till carrots and onions have softened a bit. Then add garlic and greens.
9. Lastly, add soy sauce, oyster sauce, rice and egg.
10. Combine well, taste for seasoning and serve.