

Vegetarian Fried Rice

Bialik College Kitchen Garden Program



Ingredients:

- 2 carrots, finely diced
- 1 capsicum, finely diced
- 2 zucchini, finely diced
- 3 heads pak choy, finely sliced
- 4 spring onions, finely chopped
- 100g snow peas
- 3 tablespoons rice bran oil
- 3 eggs, beaten
- 2 cloves garlic, finely chopped
- 2cm knob ginger, finely grated
- 100g bean shoots
- 550g cooked rice, cooled
- sea salt/pepper
- 1 teaspoon sugar
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil

Equipment:

- chopping board
- knife
- frying pan
- wok
- grater
- rice cooker
- metric measuring spoons/cups

Method:

1. Prepare all vegetables as listed above.
2. To prepare omelette, heat 1 tablespoon of oil in the frying pan, add beaten eggs swirling around the pan and allow the eggs to set. Remove from frying pan, let it cool and then roll tightly and cut into strips.
3. Heat the remaining oil in wok, add garlic, ginger bean shoots and stir. Then add the vegetables and stir fry.
4. Sprinkle with rice, breaking up any clumps and toss well over high heat.
5. Add omelette, spring onions, soy sauce, salt, pepper and sugar.
6. Pour hot water from kettle over snow peas in a bowl and then drain. Toss them in sesame oil. Scatter over fried rice and serve.