

Pak Choy Fried Rice

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- ☐ 4 tablespoons + 4 teaspoons rice bran oil
- ☐ 200g mushrooms, cleaned, stems removed and sliced
- ☐ 1 teaspoon salt
- ☐ 3 bulbs of Pak Choy, sliced and roughly chopped
- ☐ ½ brown onion, peeled and diced
- ☐ 4 spring onions, separate the white and green parts
- ☐ 4 large eggs, whisked with a pinch of salt
- ☐ 2 teaspoons fresh ginger, peeled and grated
- ☐ 2 garlic cloves, peeled and minced
- ☐ 4 cups cooked jasmine rice, chilled
- ☐ 2 tablespoons soy sauce
- ☐ 2 teaspoons sesame oil
- ☐ 1 tablespoon sesame seeds, toasted
- ☐ Handful of coriander leaves

Equipment:

- ☐ Metric measuring cups, spoons, scales
- ☐ Large frying pan or wok
- ☐ Chopping board
- ☐ Cook's knife
- ☐ Microplane zester
- ☐ Garlic mincer
- ☐ Mixing bowls
- ☐ Wooden spoon
- ☐ Paper towel
- ☐ Serving bowls or platters

Method:

1. Heat 2 tablespoons of oil in a large frying pan over medium-low heat.
2. Add mushrooms and cook, stirring occasionally, until they turn golden brown and any liquid evaporates. Salt with ½ teaspoon salt near the end of their cooking time. Transfer to a bowl.
3. Heat another 2 tablespoons of oil and add the pak choy, brown onion and sliced white parts of spring onions. Season with remaining ½ teaspoon salt and cook for a few minutes until everything softens.
4. Move the pak choy, onions and spring onions to one side of the frying pan and add the whisked eggs to the other. Scramble the eggs on low heat, stirring often, until just barely cooked, then transfer everything to the bowl with the mushrooms.

Pak Choy Fried Rice

Bialik College Kitchen Garden Program



Bialik College

5. ***ADULT supervising*** to use paper towel to carefully wipe away any residual egg from the pan.
6. Heat the last 4 teaspoons of oil, then add the ginger and garlic and cook for 30 seconds, stirring constantly. Raise the heat, then quickly stir the rice into the ginger & garlic.
7. Lower the heat, pour the soy sauce and sesame oil over the rice. Stir everything together quickly to evenly coat rice.
8. Stir in the cooked mushrooms, pak choy, onions, spring onions and eggs.
9. Cook for a minute more, stirring everything and ensuring eggs are fully cooked.
10. Top with remaining slices of green spring onions, toasted sesame seeds and coriander leaves before serving. Enjoy! 😊