

Fried Rice

Ingredients

150g long grain rice
 50g frozen peas
 1 tbsp vegetable oil
 1 small red pepper, chopped
 2 spring onions, chopped
 1 garlic cloves, thinly sliced
 Small piece ginger - peeled & chopped (Optional)
 1 tbsp Soy Sauce
 1 tsp Chinese five-spice powder (Optional)


 **Aim Higher - 1 egg**

Equipment

All equipment is provided by school

**** Remember to bring a container to take your food home in ****

Method:

1. **Cook the rice** fill a large saucepan half full with water and bring to the boil. When the water is boiling add the rice, stir and simmer until the rice is cooked - approx 15 mins. Add the frozen peas cook for 1 min. Drain the rice using a colander.
-  2. **Aim Higher** - Crack the egg into a jug and beat with a fork. Heat a wok with a little vegetable oil. Make 2 or 3 thin omelettes and tip them out onto a plate. Chop the omelettes into small pieces with a knife and fork.
3. Prepare the vegetables, garlic and ginger.
4. Heat the vegetable oil in a wok. Add the Spring onion, garlic & ginger. Cook for 1 minute stir frying all the time. Add the drained rice and omlette pieces if using. Season with soy sauce and Chinese five spice powder. Stir fry quickly until everything is mixed together.
5. Transfer to container & chill.