

FRIED RICE

| <i>Ingredients</i> | <i>Equipment</i> |
|--------------------------------|-------------------------------|
| 3 Cups Cooked Rice | 3 Mixing Bowls |
| 2 Rashes Bacon | Vegetable Peeler |
| 3 Spring Onions | Garlic Crusher |
| 1 Stalk Celery | Cup and Spoon Measures |
| ½ Capsicum | Chopping Boards |
| ½ Cup Peas | Knives |
| 1 Small Carrot | Whisk |
| 1 Teaspoon Cumin | Frypan/Wok |
| 1 Teaspoon Coriander | |
| 2 Tablespoons Sweet Soy | |
| 1 Clove Garlic | |
| 2 Eggs | |
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What to do

- 1. Get out all required equipment**
- 2. Weigh and measure ingredients**
- 3. Cut the bacon into small pieces**
- 4. Top and tail the spring onions and slice finely**
- 5. Slice the celery finely**

- 6. Peel and cut the carrot finely**
- 7. Cut the capsicum finely**
- 8. Peel and crush the garlic**
- 9. Whisk the eggs in a mixing bowl**
- 10. Heat the oil in the frypan/wok**
- 11. Cook the egg like an omelette, remove and slice finely.**
- 12. In the frypan/wok add the spring onions, garlic, bacon, celery, carrot, capsicum and peas. Stir until carrot and celery are soft.**
- 13. Add the rice, egg, cumin and coriander. Mix through thoroughly.**
- 14. Last add the sweet soy and mix again.**