

VEGETARIAN FRIED RICE

Ingredients	Equipment
6 cups cold cooked Rice	Non-stick Frypan or Wok
1 Onion finely chopped	Knife
4 Spring Onions finely chopped	Peeler
3 stalks of Celery finely chopped	Chopping board
1 Capsicum chopped	Non-stick Flipper
Dash of Soy Sauce	Wooden spoon
1 Kernel of corn stripped or 1 125g can of corn drained	Small bowl
2 eggs (scrambled)	Whisk
½ cup of fresh or frozen peas	
50 grams of beanshoots	
1 carrot chopped into small cubes	
2 tablespoons of olive oil	

Method:

1. Get out all required equipment
2. Whisk eggs in a small bowl
3. Heat oil in non-stick frypan or wok
4. Add egg to frypan and scramble until cooked
5. Remove egg from frypan and place in small bowl
6. Fry onion in oil until transparent
7. Add carrot, capsicum and celery until soft
8. Add rice and remaining ingredients (spring onion, peas, beanshoots, corn and soy sauce)
9. Cook until rice and vegetables are heated through