



## Rainbow fried rice

### Equipment

- 1 large saucepan
- 1 sieve
- grater
- mortar and pestle
- 1 wok
- wooden spoon
- measuring cups and spoons
- scissors
- chef knife
- chopping board

### What to do

1. Cook the rice in a large saucepan of boiling water until tender. Drain, refresh under cold water and drain again. Reserve.
2. Heat 1 tablespoon of oil in a wok over high heat. Add eggplant, garlic, ginger and onion and stir fry until it smells good and eggplant is tender.
3. Add capsicums and carrot and cook for 2 minutes, add frozen peas and corn, stir-fry for another minute.
4. Add soy sauce and remaining tablespoon of oil, mix through, then add rice, and cook until heated through.
5. Taste for seasoning and adjust accordingly. Stir well. Add the chopped parsley and turn off the heat. Serve!

### Ingredients

- 1/2 red capsicum, diced
- 2 carrots, peeled and grated
- 1 sweet corn cob, pre-boiled
- 1/2 cup frozen peas
- 1 small eggplant, cubed
- 1 small onion, diced
- 2 garlic cloves crushed
- 1 tablespoon fresh ginger, crushed
- 1 cup basmati rice
- 2 teaspoons vegetable oil
- 2 tablespoons soy sauce
- fresh parsley chopped
- Salt and pepper to taste

### From The Garden

- Sweet corn
- Eggplants
- Onions
- Parsley