



# EGG FRIED RICE



## INGREDIENTS

### SERVES 6

- 3 tbsp oil
- 3 cups of cooked basmati rice
- 2 stems of chard
- 2 carrots
- Chunk of red cabbage
- 50g defrosted peas
- 50g defrosted corn
- 2 spring onions
- 2 eggs
- 2 garlic cloves
- 1 inch piece ginger
- 2 tbsp soy sauce
- Handful mint leaves to serve

## EQUIPMENT

- Chopping boards
- Sharp knives
- Wok
- Measuring cups/spoons
- Small bowls
- Grater
- Fork

## INSTRUCTIONS

1. Chop chard stems and leaves, carrots, cabbage and spring onions - set aside.
2. Finely chop the garlic and grate ginger - set aside.
3. Finely chop mint - retain for serving.
4. Crack the eggs into a bowl, mix lightly with a fork.
5. Heat up the wok over low-medium heat and add 2 tbsp of oil.
6. Add eggs to the wok and stir with a wooden spoon to scramble. Transfer to a small bowl and set aside.
7. Keeping the wok over low-medium heat add another 2 tbsp of oil. Then add garlic and ginger, stirring until the garlic just starts to colour. Be careful not to burn the garlic!
8. Add the vegetables and stir-fry until just cooked.
9. Add the rice and stir-fry, breaking up any lumps.
10. Add the soy sauce and keep stir-frying to coat the rice. Cook until everything has heated through.
11. Return the eggs to the wok and stir to combine.
12. Remove from the heat, stir in herbs and serve.

## FROM THE GARDEN

- Chard, carrots, spring onions, eggs, mint