



# EGG FRIED RICE

## INGREDIENTS

### SERVES 4-6

- 4 tbsp oil
- 5 cups of cooked jasmine rice
- 2 stems of silverbeet
- 2 carrots
- Handful of sugar snap peas (or 100g defrosted peas)
- 2-3 spring onions
- 2 eggs
- 2 garlic cloves
- 1 inch piece ginger
- 2 tbsp soy sauce
- Handful mint/coriander leaves to serve
- Lemon wedges to serve

## EQUIPMENT

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

## INSTRUCTIONS

1. Chop silverbeet stems and leaves, carrots, sugar snap peas and spring onions.
2. Finely chop the garlic.
3. Finely grate ginger.
4. Finely chop herbs - retain for serving.
5. Heat the wok over low-medium heat and add 2 tablespoons of the oil.
6. Crack the eggs into a bowl, mix lightly with a fork, add them to the wok and stir with a wooden spoon to scramble. Remove egg from the wok to a small bowl.
7. Add another 2 tbsp of the oil to the wok then add the garlic, ginger and stir until just beginning 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. Add the soy sauce.
10. Keep stir-frying to coat the rice in the soy sauce and 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 with lemon wedges.

## FROM THE GARDEN

- Silverbeet, carrots, sugar snap peas, spring onions, eggs, mint, coriander