

fried rice

Equipment:

scales, chopping board, knife, wooden wok stirrer, wok and lid, measuring cup and spoons, colander, bowl, fork

Ingredients:

1/4 cup canola oil
2 eggs *optional
5 chives
1 clove garlic, finely chopped
1/2 kg cooked, cold rice, approximately
1 TBLSPN fish sauce
2 TBLSPNS soy sauce (approximately)
1 tspn stock powder
1 spring onion, finely chopped
2 leaves of silverbeet, finely sliced
dry roasted sunflower seeds

when making fried rice, its best to use rice that is cold

Method:

In a bowl, whisk the eggs with a fork. Put the wok on the wok burner. Heat a little oil in the wok, and pour in the eggs. Wait until they are 'set', then flip over and cook other side. Put omelet on a plate then add rice and garlic to hot oil. Wok needs to be hot. Stir until grains are separate and lightly coloured. Add *fish and soy sauces, stock powder and stir. Taste. If the rice is a little dry, but has enough seasoning, add a little water and cover for a minute or two. Slice omelet then stir through rice, along with the silverbeet and springonions. Spoon into a serving bowl and sprinkle with chives and sunflower seeds.

* If you are vego, don't add fish sauce.