

Fried rice

Equipment:

Bowls, fork, wok, chopping boards, knives, salad spinner, scales

Ingredients:

rice bran, canola or vegetable oil
3 eggs
4 prickly cabbage leaves
1 tub cooked broccoli
1kg of cold, cooked rice
2-3 TBLSPNS soy sauce
1 TBLSPN fish sauce
3 spring onions
6 vietnamese mint leaves

Method:

Wash prickly cabbage, spring onions and vietnamese mint; spin dry.

Finely slice cabbage leaves, broccoli and spring onions, and put in a bowl together.

In a small bowl whisk eggs.

In the wok, pour oil in the bottom to come to a depth of 1 cm. When oil is very hot tip in eggs. Allow to cook without stirring, then when nearly cooked gently flip over.

Take omelette out and place on a plate.

Put the rice into the hot oil (maybe add a little extra) and stir until grains are separate and lightly coloured. Sprinkle the rice with soy and fish sauce and mix evenly. You will need to taste this, and maybe add more.

Stir in the cabbage leaves, broccoli and spring onions. Slice omelette up and stir into the fried rice.

Finely slice vietnamese mint and sprinkle over the top. Serve.