**Fried Rice**

*Fresh from the garden:* cauliflower, coriander, cucumbers, eggs, garlic, lime, peas, spinach, spring onions

*Recipe Source:* Stephanie Alexander Kitchen Garden Foundation

Fried rice is a very popular dish – the texture, taste and crunch are elements almost everyone likes. Once you’ve mastered this basic recipe, you can adapt it to your own tastes and the vegetables that are in season at the time.

**What to do:**
- Chop the cauliflower into bite-sized pieces.
- Wash and shred the spinach leaves.
- Crush the garlic with the salt to a coarse paste.
- Heat the wok over low–medium heat and add 2 tablespoons of the oil, then stir the garlic and fry until it is just beginning to colour.
- Crack in the eggs and allow them to set slightly before stirring and scrambling. Remove and put aside.
- Fry the cauliflower until tender, remove and set aside.
- Add the rice, turn down the heat to low and mix and toss the rice, frying it gently and ensuring that all the grains are lightly coated in egg and oil.
- Season with the soy sauce, sugar and pepper and continue to fry until the soy sauce is absorbed.
- Stir through chopped spring onion, cauliflower, peas and spinach reserving a few spring onions to sprinkle over the fried rice when serving.
- Slice the lime into wedges and slice the cucumber thinly. Serve sprinkled with reserved spring onions and the lime and cucumber as garnish.