



Fried Rice

Season: Winter/Spring

Type: Big Dishes

Difficulty: Easy

Serves: 30 tastes in the classroom
or 6 at home

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.

Equipment:

tea towel
kitchen knife
chopping board
wok
metric measuring spoons and scales
spatula or wok sang
measuring spoons

Ingredients:

~~1/2~~ ² cauliflower ^{carrots}
2 handfuls spinach
6 garlic cloves
good pinch salt
4 tablespoons vegetable oil
6 eggs
6 cups cooked rice, freshly cooked
and warm but not steaming hot
6 tablespoons light soy sauce
pinch castor sugar
~~100g~~ peas
9 spring onions
coriander leaves
2 limes
cucumber



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.



Ingredients	Equipment
1 cauliflower	1 wok
2 heads of spinach	chopping board
1 garlic clove	chopping knife
1 egg	measuring spoons and
1 tablespoon vegetable oil	measuring spoons
1/2 cup soy sauce	1/2 cup sugar
1/2 cup sugar	1/2 cup salt
1/2 cup salt	1/2 cup oil
1/2 cup oil	1/2 cup rice
1/2 cup rice	1/2 cup peas
1/2 cup peas	1/2 cup spring onions
1/2 cup spring onions	1/2 cup cucumber
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- Chop the cauliflower into bite-sized pieces.
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 - Crush the garlic with the salt to a coarse paste.
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 - Crack in the egg and allow them to set slightly before 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, using it gently and ensuring that all the grains are lightly coated in egg and oil.