**FRIED RICE**

Ingredients for Vegetable Fried Rice

* Cooked rice 3 cups
* Onions finely chopped 2 medium
* French beans chopped 12-15
* Carrot finely chopped 1 medium
* Green capsicums finely chopped 1 medium
* Cabbage chopped 1/4 medium
* Spring onion greens sliced 2 stalks
* Oil 4 tablespoons
* Garlic cloves finely chopped 3-4
* Salt to taste
* White pepper powder 1/2 teaspoon
* Light soy sauce 1 teaspoon
* White vinegar 1/2 tablespoon

Method

Step 1

Heat oil in a non stick wok, add garlic and stir-fry for one minute. Add onions, French beans, carrot, green capsicum, cabbage and half the spring onion greens. Stir-fry for two minutes.

Step 2

Add salt, white pepper powder and soy sauce and mix thoroughly.

Step 3

Add boiled rice and adjust the seasonings.

Step 4

Stir in the vinegar and cook for one minute, stirring continuously.

Step 5

Garnish with remaining spring onion greens and serve hot.