



## Easy fried rice

**A tasty, healthy alternative to store-bought takeaways - it's cheaper too. Use any combination of vegetables you have on hand - fresh or frozen.**



Time to prepare: 15 minutes



Time to cook: 10 minutes



Serves 6



Suitable for vegetarians

## Ingredients

- 3 eggs, lightly beaten
- 1 tablespoon oil
- 1 clove garlic, crushed
- 2 onions, finely chopped
- 4 cups cooked long-grain rice
- 2 tablespoons low-salt soy sauce
- 2 carrots, grated
- 2 courgettes, grated
- 4 sticks celery, finely chopped
- 1 cup frozen peas

## Method

1. Heat a non-stick wok or fry pan over a medium to high heat.
2. Add beaten eggs to hot pan. Cook, stirring gently, until they are lightly scrambled but not too dry.
3. Remove the eggs from the pan and put aside to use later. Wipe pan clean with a few damp paper towels.
4. Heat the oil in pan. Add garlic and onions. Cook for a few minutes or until the onion is transparent.
5. Add the rice. Stir-fry for a few minutes. If the rice is stuck together, gently break apart with a spoon.
6. Stir in the soy sauce.
7. Add the vegetables and stir-fry for about 5 minutes, or until vegetables are warm. Add a little water if the mixture is too dry and sticking to the pan.
8. When the vegetables are heated through, add the scrambled egg back into the pan and gently mix through.

## Notes

For best results, cook the rice a few hours before so it has had a chance to dry out. Put cooked rice in the fridge until ready to use for food safety.

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## Carrot and orange salad

**This colourful salad will brighten up any dinner plate. Kids will love the sweet combination of orange, carrot and sultanas.**

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