



# Chinese Fried Rice

**Fresh from the garden:** eggs, spring onions, celery, coriander

Cook rice the day before and leave in fridge in a shallow dish covered

<b>Equipment:</b>	<b>Ingredients:</b>
Knives	2 cups cooked rice
Chopping boards	Vegetable oil
Small bowls (4)	2 eggs
fork	Salt and pepper
Wok	4 spring onions
Wok chan	Ginger
Plate	2 cloves garlic
Ginger grater	1 teaspoon dried shrimp
Small saucepan	1 stalk celery
Strainer	1/4 cup peas
Tablespoon measure	1 cup bean sprouts
Cup measure	2 tablespoon soy sauce
	Coriander leaves

## What to do:

1. Crack eggs in a small bowl. Beat lightly with a fork and season with salt and pepper.
2. Heat 1 teaspoon of oil in wok, pour in enough of the egg mixture to make a thin pancake. Turn and cook other side, remove pancake to a plate. Continue with remaining egg mixture. Roll up pancakes and slice into thin strips.
3. Wash and slice spring onions, place into a small bowl.
4. Peel and grate ginger (you need 2 teaspoons when grated), place into a small bowl.
5. Peel and crush garlic, place into a small bowl
6. Wash celery and using a knife remove any tough strings. Cut into very thin diagonal slices, place into a small bowl.
7. Bring water to boil in a small saucepan, carefully add peas. Bring water back to boil and boil for 2 minutes, drain peas in a strainer.
8. Heat 2 tablespoons oil in wok. Add spring onions, ginger, garlic and dried shrimp, stir fry for 30 seconds, add celery. Stir fry for 1 -2 minutes.
9. Gradually add rice and continue to stir until rice is heated through.
10. Add peas, egg strips and bean sprouts, toss to combine.
11. Stir in soy sauce.
12. Place on serving bowl and garnish with coriander.