

'CHINESE NEW YEAR' - VEGETABLE FRIED RICE

WHAT YOU NEED:

- 1 $\frac{1}{4}$ cup long grain rice
- 1 $\frac{1}{2}$ cup MASSEL chicken stock (no animal content)
- 2 eggs
- 1 cup peas and corn
- 1 cup cabbage
- 1/2 cup green beans
- $\frac{1}{4}$ large red capsicum
- 2 spring onions
- 1 celery stick
- 1 carrot
- 4 button mushrooms
- 1 teaspoon crushed garlic
- 2 tablespoon soy sauce
- 2 tablespoon sweet chilli sauce
- 1/4 teaspoon pepper
- 2 teaspoons brown sugar
- 1 tablespoon vinegar



UTENSILS:

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| Chopping board | Safety knife |
| Grater | Scissors |
| Metal bowl | Spoon/fork |
| Measuring cups/spoons | Jug/cup |

ALLERGIES/INTOLLERANCES: Eggs will be omitted, a gluten free soy sauce will be used.

WHAT TO DO:

1. Cook the rice with the stock. Place in fridge until ready to use.
2. Finely chop cabbage. Cut beans into 2cm size pieces. Dice capsicum.
3. Grate carrot. Finely slice celery. Slice mushrooms.
4. Cut spring onions using scissors. Place all vegetables into metal bowl.
5. In a jug, carefully measure the crushed garlic, soy sauce, sweet chilli sauce, pepper, sugar and vinegar. Mix well.
6. Carefully crack the eggs in a cup. Whisk together with a fork.
7. Heat 1 tablespoon oil in frypan, add prepared vegetables and cook for 2 minutes.
8. Add sauce and cook for a further 5 minutes until vegies begin to soften. Add rice to the pan and cook until rice is warmed through.
9. In a separate pan, heat 1 tablespoon oil. Add beaten eggs and let cook in a thin layer. Roll up and cut into small pieces, add to rice. YUMMY!!!!