Fried Rice

Difficulty: Easy

Fresh from the garden:

Equipment:
- Wok
- Knives
- Metric measures
- Small Jug
- Garlic Crusher
- Large Serving Bowl

Ingredients:
- ¼ cup soy sauce
- ¼ cup sweet chilli sauce
- ¼ cup oyster sauce
- 1 brown onions cut into thin wedges
- 2 garlic cloves, crushed
- 2 eggs, lightly beaten
- 4 cups cold cooked rice (2 cups raw)
- ½ cup Thai basil leaves
- 2 spring onions
- 1 cup frozen peas
- 1 carrot, grated
- Vegetable oil
- Fried shallots to garnish

What to do:

Combine soy sauce, sweet chilli sauce and oyster sauce in a small jug. Set aside.

Heat a wok over high heat until hot. Add a glug of oil and swirl to coat.

Add onion to wok and stir fry for 2 to 3 minutes or until golden.

Add garlic and stir fry for 30 seconds.

Add the frozen peas and grated carrot. Fry for a few minutes.

Push the onion mixture to the side of the wok and add the egg, swirl to cook now add the rice.

Stir fry for 2 to 3 minutes or until egg is well combined with rice.

Add soy sauce mixture, basil and spring onions. Stir-fry for 1 to 2 minutes or until well combined.

Place in a large serving bowl and garnish with fried shallots.

Recipe source: Super Food Ideas