

## Equipment

Measuring cups and spoons

Knives

Chopping board

Scale

Mixing bowls

Frypan

## Ingredients

3 cups cooked rice

1cup carrot chopped

2 large spring onions

1cup frozen peas

1/2 cup chopped capsicum

1/2 cup corn kernels

2 eggs

2tbls oil (Extra oil might be needed once the rice is added)

2tbls soya sauce

## Easy Egg Fried Rice

### Method

1. Lightly beat eggs.
2. Heat 1 tbls oil in frypan,. Pour eggs into pan to coat base to create a thin omelette. Cook on both sides. Slide out of pan onto chopping board and roll up into a 'sausage' ready to be sliced. Keep warm.
3. Finely chop carrots and capsicum. Fry in rest of oil until just soft
4. Add peas, corn kernals and chopped spring onions to fried mixture. Cook for 2 mins.
5. 'Fluff' up rice with a fork and add to frypan and mix through.
6. Add soya sauce to mixture to desired taste.
7. When cooked add sliced egg and serve.

