



Fried Rice

<p><u>Equipment:</u></p> <p>Measuring cups and spoons Mixing bowl Knife Chopping Board Frying pan</p>	<p><u>Method:</u></p> <ol style="list-style-type: none">1. Cook the rice in a large saucepan of boiling water for 12 minutes or until tender. Drain and leave to cool.2. Heat oil in non-stick wok or large frying pan over medium heat. Add eggs. Swirl over base to form an omelette. Cook for 2 minutes or until set. Transfer to a chopping board. Set aside to cool slightly. Roll up and thickly slice.3. Add bacon/ham to wok. Cook 4 minutes until light golden. Add carrot. Stir fry 1 minute. Add shallots, peas and rice. Cook, stirring, 3-4 minutes. Add egg and soy sauce. Stir until heated through. Sprinkle with sesame seeds and top with extra shallots. Serve immediately.
<p><u>Ingredients:</u></p> <ul style="list-style-type: none">-1 cup Long Grain <u>White Rice</u>-2 tsp vegetable oil-2 eggs, lightly whisked-100 g ham/bacon chopped-1 carrot, peeled and grated-2 shallots, trimmed, finely sliced-1/2 cup frozen peas, thawed-1 tbsp soy sauce-Sesame seeds, to serve-Shallots, sliced, extra, to serve	

