

Vegetable Fried Rice with lettuce leaves

Ingredients

3 Eggs

2 cups cooked rice

80g peas

2 Silverbeet leaves

1cm knob of ginger

1 small red onion

1 small carrot

150g pumpkin

2 Tablespoons sunflower oil

2 Tablespoons soy sauce

2 Teaspoons sesame oil

16 Lettuce leaves

Method

1. Finely slice the spinach.
2. Finely chop the ginger and red onion.
3. Grate the carrot and pumpkin.

4. Beat the eggs with 1 tablespoon of the soy sauce and the ginger.
5. Heat the wok add 1 tablespoon oil.
6. Pour in the egg mixture and leave to cook for 20 seconds, before folding into itself and cooking through.
7. Remove the egg mixture from the wok and allow to cool on the chopping board, then slice into thin slices.
8. Heat the remaining oil and sesame oil in the wok.
9. Add the onion, carrot, pumpkin and peas and cook for 2 minutes, then add rice, and remaining soy sauce.
10. Meanwhile separate your lettuce leaves and put on a serving plate.
11. Reduce the heat and add silverbeet and cooked egg slices. Combine the ingredients, then remove the wok from the heat.
12. Divide between serving platters for each table.
13. Provide each table with a platter of washed lettuce leaves. Place the rice in the leaves, roll and eat.