

Fried Rice

Ingredients

- 3 Eggs
- 2 cups cooked rice
- 4 spring onions
- 2 Silverbeet leaves
- 1cm knob of ginger
- 1 Garlic clove
- 1 small red onion
- 1 small carrot
- 2 Tablespoons sunflower oil
- 2 Tablespoons soy sauce
- 2 Teaspoons sesame oil

Method

1. Finely slice the spring onions and spinach.
2. Finely chop the ginger and slice the red onion.
3. Grate the carrot.
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.
8. Heat the remaining oil and sesame oil in the wok.
9. Add the onion, carrot and spring onions and cook for 2 minutes, then add rice, and remaining soy sauce.
10. Reduce the heat and add silverbeet and cooked egg slices. Combine the ingredients, then remove the wok from the heat.

11. Divide between serving platters for each table.