

Fried Rice

Ingredients – Whole class recipe

3 cups pre-cooked rice
Handful of spinach
2 carrots
1 zucchini
1 cup corn
1 cup peas
2 spring onions
½ cup Kecap Manis
½ cup Soy Sauce

Equipment

Electric fry pan
Grater
Peeler
Knife
Measuring cups
Wooden spoon
Scissors
Serving tray

Method

1. Preheat electric frypan.
2. Peel carrots, grate carrots and zucchini, then chop spinach and spring onions.
3. Place precooked rice in frypan.
4. Add vegetables to frypan.
5. Add sauces and combine well, ensuring everything is well covered with sauce.
6. Place lid on frypan and let it cook all together.

