



FRIED RICE

<i>Ingredients</i>	<i>Equipment</i>
3 Cups Cooked Rice	3 Mixing Bowls
2 Rashes Bacon/ Gluten Free	Vegetable Peeler
3 Spring Onions	Garlic Crusher
1 Stalk Celery	Cup and Spoon Measures
½ Capsicum	Chopping Boards
½ Cup Peas	Knives
1 Small Carrot	Whisk
1 Teaspoon Cumin*	Frypan/Wok
1 Teaspoon Coriander*	
2 Tablespoons Sweet Soy*/ Gluten Free	
1 Clove Garlic	
2 Eggs/ Omit	

*All spices used are Woolworths brand with no traces of nuts.

*See 'Products used in Kitchen Classroom', on CPS Website.

What to do

1. Get out all required equipment

- 2. Weigh and measure ingredients**
- 3. Cut the bacon into small pieces**
- 4. Top and tail the spring onions and slice finely**
- 5. Slice the celery finely**
- 6. Peel and cut the carrot finely**
- 7. Cut the capsicum finely**
- 8. Peel and crush the garlic**
- 9. Whisk the eggs in a mixing bowl**
- 10. Heat the oil in the frypan/wok**
- 11. Cook the egg like an omelette, remove and slice finely.**
- 12. In the frypan/wok add the spring onions, garlic, bacon, celery, carrot, capsicum and peas. Stir until carrot and celery are soft.**
- 13. Add the rice, egg, cumin and coriander. Mix through thoroughly.**
- 14. Last add the sweet soy and mix again.**