



FRIED RICE

<i>Ingredients</i>	<i>Equipment</i>
3 Cups Cooked Rice	1 Medium Mixing Bowl
2 Rashes Bacon/Gluten Free	Vegetable Peeler
3 Spring Onions	Garlic Crusher
4 Mushrooms	Cup and Spoon Measures
1/2 Capsicum	Chopping Boards
1/2 Cup Peas	Knives
1 Small Carrot	Whisk
1 Teaspoon Cumin*	Frypan/Wok
1 Teaspoon Coriander*	
2 Tablespoons 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. Remove the rind from the bacon, cut into small pieces**
- 4. Top and tail the spring onions and slice finely**
- 5. Slice the mushrooms finely**
- 6. Peel and grate or 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, mushrooms, carrot, capsicum and peas. Stir until cooked.**
- 13. Add the rice, egg, cumin and coriander. Mix through thoroughly.**
- 14. Last add the soy and stir through.**