



NASI GORENG (Indonesian)

<i>Ingredients</i>	<i>Equipment</i>
3 Cups Cooked Rice	Chopping Boards
2 Chicken Thigh Fillets	Knives
3 Eggs Omit	Spoon Measures
1 Brown Onion	Medium Mixing Bowl
2 Chillies	Whisk
2 Cloves of Garlic	Electric Frying Pan or Wok
1 Leek	
1 Teaspoon Coriander*	
1 Teaspoon Cumin*	
2 Tablespoons Kecap Manis (sweet soy)/Gluten Free Soy *	
Oil for frying	

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

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

Products omitted as required.

What to do

- 1. Get out all required equipment**
- 2. Weigh and measure ingredients**
- 3. Peel and dice the onion**
- 4. Slice leek in half lengthways wash dirt away then slice finely.**

- 5. Peel and chop the garlic**
- 6. Chop the chillies**
- 7. Slice chicken into strips**
- 8. Whisk the eggs in the mixing bowl**
- 9. Heat the oil in the frypan**
- 10. Add the whisked eggs making an omelette.**
- 11. Remove the egg from the frypan and slice into thin strips.**
- 12. Add the diced onion, leek, garlic and chillies, fry until soft**
- 13. Add the coriander and cumin**
- 14. Add the sliced chicken**
- 15. Cook stirring occasionally until chicken is cooked.**
- 16. Add the cooked rice, kecap manis and omelette strips and cook for a further 5 minutes.**