



FRIED RICE

<i>Ingredients</i>	<i>Equipment</i>
4 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
½ Capsicum	Chopping Boards
½ 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. In the frypan/wok add the spring onions, garlic, bacon, mushrooms, carrot, capsicum and peas. Stir until cooked.**
- 12. Add the rice, cumin and coriander. Mix well.**
- 13. Add the eggs and mix well.**
- 14. Last add the soy and stir through.**