

Vegetable Fried Rice

Ingredients

YIELDS: 5 servings PREP TIME: 20 minutes

- 1 large red pepper
- 3 green onions
- 1/2 tbsp. canola oil
- 1 egg
- 250 mL (1 cup) frozen mixed vegetables
- 1 tbsp. low sodium soy sauce
- 250 mL (1 cup) pre-cooked brown rice
- 1 tbsp. water
- 1/2 tsp. ground pepper
- garlic and onion powder to taste (optional)



EQUIPMENT: Electric skillet / 3 knives / 3 cutting boards / 2 mixing spoons / 2 liquid measuring cups / set of measuring spoons / 2 small bowls / whisk / large plate for serving / small plates for sampling

Directions

- 1) Thoroughly wash all produce under cool running water.
- 2) Chop pepper and onions into small pieces.
- 3) Heat oil in electric skillet on medium-low heat. Add peppers and onions and sauté until tender-crisp, 2 to 3 minutes.
- 4) Crack egg into bowl. Wash hands after handling raw egg. Beat egg with a whisk and add them to the skillet. Let eggs set for 1 minute without stirring.
- 5) Stir vegetable and egg mixture. Add the pre-cooked rice and a bit of water followed by the frozen vegetables and soy sauce. Cook while stirring for 4 minutes.
- 6) Ensure the rice and frozen vegetables are heated through before serving.

Chef's Tip



It is important to follow safe food-handling practice when working with rice. Do not leave cooked rice at room temperature for longer than 2 hours. Prepare the rice, on site, immediately before the session, or cool the rice as quickly as possible and keep in the fridge for no more than 1 day until reheating.

Let's Get Cookin'!

