Vegetable fried rice.

2 tablespoons vegetable oil
cooked rice.
1 onion
2 cloves garlic
2 capsicum
2 zucchini and 1 brocoli
2 corn
bunch spring onions
bunch chives
bunch garlic chives
6 eggs
soy sauce

1. Place your eggs in a pot of cold water and bring to the boil for 5 minutes. Once cooked, place in cold water to cool then peel and chop into pieces.

2. Dice onion, spring onion and chives then fry in a pan with a dash of vegetable oil, remove once they are lightly brown.
Add your chopped garlic
Deseed the capsicum and chop into fire pieces.
Chop the zucchini into fire pieces and add to mix, and brocoli
Cut the corn kernels from the corn and add to the mix
Fry until all vegetables are soft, add soy sauce to taste.

Mix steamed rice and veggies into the