

Vegetable fried rice.

2 tablespoons vegetable oil
cooked rice.

1 onion

2 cloves garlic

2 capsicum

2 zucchini and 1 broccoli

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

~~Diced~~ Deseed the capsicum and chop into fine pieces.

Chop the zucchini into fine pieces and add to mix, and broccoli

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