



Vegetable fried rice

Ingredients:

- 2 tbsp 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

Method:

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.
3. Deseed the capsicum and chop into fine pieces and add to mix and broccoli
4. Cut the corn kernels from the corn and add to the mix
5. Fry until all vegetables are soft, add soy sauce to taste.
6. Mix steamed rice and veggies into the

Notes