

## Fried Rice

**Season:** Winter/Spring

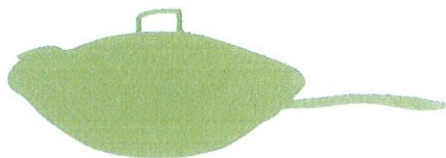
**Makes:** 30 tastes or 6 serves at home

**Fresh from the garden:** cauliflower, coriander, cucumber, eggs, garlic, lime, peas, spinach, spring onions

Fried rice is a very popular dish. The texture, taste and crunch are elements almost everyone likes. Once you've mastered this basic recipe, you can adapt it to your own tastes and use vegetables that are in season.

### EQUIPMENT

metric measuring scales, cups and spoons  
clean tea towel  
chopping board  
cook's knife  
mixing bowl  
whisk  
wok  
spatula or wok sang  
serving bowls



### INGREDIENTS

6 eggs  
2 tbsp sunflower oil  
6 garlic cloves, peeled and finely chopped  
good pinch of salt  
½ cauliflower, chopped into bite-sized pieces  
6 cups freshly cooked rice, warm but not steaming hot  
6 tbsp light soy sauce  
pinch of caster sugar  
pepper, to taste  
100 g peas (fresh or frozen)  
2 handfuls of spinach, washed and roughly chopped  
9 spring onions, sliced into 1 cm lengths  
1 handful of coriander leaves, finely chopped  
2 limes, cut into wedges  
1 cucumber, thinly sliced

### WHAT TO DO

- Prepare all of the ingredients based on the instructions in the ingredients list.
- Whisk the eggs in the bowl.
- Heat the wok and add 1 tablespoon of the sunflower oil. Pour the egg mix into the wok and cook on a high heat until the egg is cooked right through and looks like a big omelette.
- Remove the omelette from the wok, place it on the chopping board, slice it up and set it aside.
- Heat the wok over low-to-medium heat and add the rest of the oil, then add the garlic and salt. Fry until the garlic just begins to colour.
- Fry the cauliflower until tender.
- Add the rice, turn the heat down to low, then toss the rice, frying it gently and ensuring that all the grains are lightly coated in oil.
- Season with the soy sauce, sugar and pepper and continue to fry until the soy sauce is absorbed.
- Stir through egg, peas, spinach and spring onion, reserving some of the spring onions.
- Serve the fried rice sprinkled with the reserved spring onions and the coriander, and garnished with the lime wedges and cucumber.