

ONLINE AT THE Y

Learn, create, do something new by learning with the Y from your home

Cooking at the Y - Simple Fried Rice

Recommended for ALL ages

Resources/Ingredients:

- 5 cups rice (cooked)
- 2 bacon rashers (finely diced)
- 2 shallots (finely diced)
- 1/3 cup canned corn cob kernels
- 1/3 cup frozen peas
- 1 carrot (finely diced)
- 8 prawns (finely diced)
- 2 tbsp. light soy sauce
- 2 eggs (lightly beaten)

Instructions:

1. Prepare ingredients
2. Heat oil in frying pan until sizzling hot (drop a little water on to test if unsure)
3. Add bacon, shallots, corn, peas/beans, carrots and prawns and stir until lightly cooked.
4. Add rice. Cook for about 5 minutes, stirring occasionally
5. Add soy sauce, and stir once a minute for another 2 minutes.
6. Move ingredients over to one side to leave some space in frypan
7. Pour in egg and let cook for 30 seconds.
8. With fork, scramble and then combine through rest of rice.

