

## **EGG FRIED RICE**

### **Equipment**

Measuring cups and spoons  
Mixing bowl and spoon  
Chopping board and knife  
Garlic press  
Egg beater  
Wok or frying pan

### **Ingredients**

3 eggs (or more if you want)  
1 tablespoon water  
1 tablespoon butter  
2-3 tablespoons oil  
1 medium onion, finely chopped  
3 garlic cloves, coarsely chopped  
4 cups cold cooked white rice  
4 tablespoons soy sauce  
1 teaspoon sesame oil  
½ teaspoon black pepper  
2 green onions, finely chopped  
4 cups mixed vegetables  
(carrots, peas, broccoli etc)

### **Directions:**

- 1 In a small bowl beat the eggs with water.
- 2 Melt the butter in a large skillet or a wok over medium heat or until sizzling.
- 3 Add in eggs and leave flat for about 2 minutes or until cooked through; remove to a plate then chop.
- 4 Heat oil in the same skillet; add in onion and saute until softened (about 3-4 minutes, adding in the garlic the last 2 minutes of cooking time). Add mixed vegetables and cook for a further 5 minutes.
- 5 Add in cold rice, soy sauce, sesame oil and black pepper; stir-fry tossing continuously for about 5 minutes (adding in more soy sauce and black pepper if needed to suit taste).
- 6 Stir in the egg and green onion.