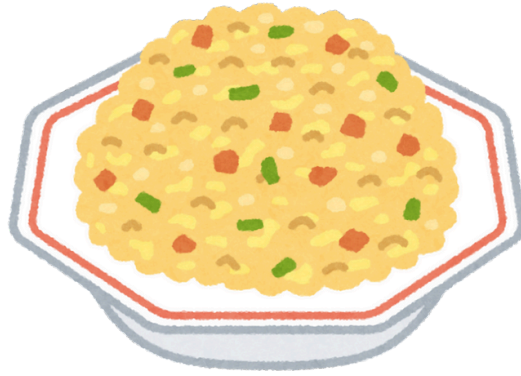


# Egg Fried Rice

## Ingredients

- 3 eggs or as many as desired
- 1 table spoon water
- 1 table spoon butter
- 2-3 table spoons oil
- 1 medium onion, finely chopped
- 3 garlic cloves
- 4 cups cold cooked rice
- 4 table spoons soy sauce
- 1/2 teaspoon black pepper
- 2 green onions finely chopped
- 4 cups mixed vegetables
- sesame oil



## Equipment

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

## Directions

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

