



Whatever You Can Find in the Garden Fried Rice

What to collect

Ingredients	Equipment
Handful of veggies from the garden, washed & chopped & cooked till wilted	chopping board
3 tablespoons rice bran oil	knife
3 eggs, beaten	frying pan
2 cloves garlic, finely grated	grater
2cm knob ginger, finely grated	rice cooker
100g bean shoots, rinsed	metric measuring spoons/cups
550g cooked rice (250g raw)	wok
2 tablespoons spring onions, finely chopped	
sea salt/pepper	
1 teaspoon sugar	
200g snow peas, trimmed	
1 tablespoon sesame oil	
100g salted cashews or seeds	

What to do

1. Prepare veggies from the garden, silverbeet needs to be washed and shredded and fried in a frying pan till wilted.
2. To cook omelette, heat 1 tablespoon of oil in the frying pan, add eggs, swirling the pan around and allow egg to set. Remove, roll tightly and cut across into short strips.
3. Heat remaining oil in wok, add garlic, ginger and bean shoots and sprinkle in the rice, breaking up any clumps.
4. Toss well over high heat. Add omelette, green onions, soy sauce, salt, pepper and sugar.
5. Pour hot water from a kettle over snow peas and toss in sesame oil. Scatter snow peas over fried rice and top with cashews or seeds.