



Vegetable Fried Rice

YIELDS: 5 servings

PREP TIME: 20 minutes

Ingredients

- 1 large red pepper
- 3 green onions
- 7 mL (½ tbsp) canola oil
- 1 egg
- 250 mL (1 cup) frozen mixed vegetables
- 1 tbsp. low sodium soy sauce
- 250 mL (1 cup) pre-cooked brown rice
- 15 mL (1 tbsp) water
- 2 mL (½ tsp) ground pepper
- garlic and onion powder to taste (optional)



Figure 1. Vegetable Fried Rice

EQUIPMENT: Electric skillet | 3 knives | 3 cutting boards | 2 mixing spoons | 2 liquid measuring cups | set of measuring spoons | 2 small bowls | whisk | large plate for serving | small plates for sampling

Directions

1. Thoroughly wash all produce under cool running water.
2. Chop pepper and onions into small pieces.
3. Heat oil in electric skillet on medium-low heat. Add peppers and onions and sauté until tender-crisp, 2 to 3 minutes.
4. Crack egg into bowl. Wash hands after handling raw egg. Beat egg with a whisk and add them to the skillet. Let eggs set for 1 minute without stirring.
5. Stir vegetable and egg mixture. Add the pre-cooked rice and a bit of water followed by the frozen vegetables and soy sauce. Cook while stirring for 4 minutes.



6. Ensure the rice and frozen vegetables are heated through before serving.

CHEF'S TIP: It is important to follow safe food-handling practice when working with rice. Do not leave cooked rice at room temperature for longer than 2 hours. Prepare the rice, on site, immediately before the session, or cool the rice as quickly as possible and keep in the fridge for no more than 1 day until reheating.