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Group Members		Absent on Lab Day?
☺- Lab Leader		

## Fried Rice

### Ingredients

- 1 C. Minute Premium instant rice
- 1 C. water
- 1 T sesame oil
- 1/2 onion, chopped
- 1/2 cup frozen peas, thawed
- 1 Carrot, peeled & chopped
- 1/4 C soy sauce (more or less to taste)
- 2 eggs, lightly beaten
- 1 T green onion, chopped

Read through the directions and:

**CIRCLE** all of the equipment needed

**UNDERLINE** all of the cooking techniques

### Directions:

- For rice, bring water to a boil. Stir in rice; cover pan and remove from heat. Let stand for 5 minutes or until water is absorbed. Fluff with fork.
- Preheat a large wok to medium heat. Pour sesame oil in the bottom. Add white onion and peas and carrots and fry until tender.
- Slide the onion, peas and carrots to the side, and pour the beaten eggs onto the other side. Using a spatula, scramble the eggs. Once cooked, mix the eggs with the vegetable mix.
- Add the rice to the veggie and egg mixture. Pour the soy sauce on top. Stir and fry the rice and veggie mixture until heated through and combined.
- Remove from the wok and garnish with chopped green onions.