



FRIED RICE (SERVES 6)

INGREDIENTS

1 onion (chopped)	400g can corn kernels (drained)	1 stock cube (salt reduced)
2 carrots (chopped)	3 cups rice (uncooked)	1 tablespoon oil (not provided)
400g can peas (drained)	3 eggs	4 1/2 cups of water (not provided)

UTENSILS

Knife	Large saucepan with lid	Wooden spoon
Measuring cup set or jug	Egg flip (spatula)	Tablespoon
Chopping board	Sieve	Large spoon
Large frying pan	Teaspoon	



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SUPPORTED BY:



OPTIONS

You can add a small amount of cooked seafood, beef or chicken if desired.

METHOD

1. Boil 4 1/2 cups of water in a large saucepan.
2. Rinse rice with water in a sieve until the water runs clear and then add to the saucepan of boiling water and stir. Place lid or plate on top of saucepan and boil on low for 10 minutes, stirring occasionally.
3. Reduce the heat to low and allow to sit for 10–15 minutes or until cooked, (test the rice by tasting it to make sure the texture is right). Once cooked drain the rice in a sieve.
4. Place 2 teaspoons of oil in a large frying pan and heat on low.
5. Mix the eggs in a bowl, pour into pan to cover the whole bottom of the pan. Allow egg to cook slightly before stirring to break into lumps (scrambling). Once cooked remove from the pan and put aside.
6. Heat remaining oil in the frying pan. Cook chopped onion and carrots for 5 minutes or until soft.
7. Add peas, corn and cooked rice to the frying pan. Stir until heated through and all vegetables are soft. Crumble and add dry stock cube to taste.
8. Add cooked egg to the fried rice mixture and stir through.
9. Place evenly in bowls to serve.



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FOR MORE INFORMATION

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