



Fried Rice Salad

Published, 2023

Omit the bacon for a Green menu option.

Traffic light category: Green/Amber Serves: 8 (230g)

Ingredients

- 1 tablespoon sesame oil
- 1 brown onion, finely chopped
- 1 red capsicum, seeded, finely chopped
- 1 green capsicum, seeded, finely chopped
- 2 rashers bacon, lean, trimmed finely chopped
- 4 cups cooked brown rice
- 125g can corn kernels, drained
- 6 spring onions, thinly sliced
- ¼ cup light, reduced salt soy sauce
- ¼ cup hoisin sauce
- Cherry tomatoes, halved
- Coriander leaves to serve

Method

1. Heat oil in large fry pan, saute onion, capsicum and bacon for 3-4 minutes
2. Add rice, corn, spring onions and sauces
3. Cook for 2-3 minutes, mixing well
4. Transfer to bowl and cool
5. Spoon into serving containers, top with a few sliced tomatoes and coriander leaves.



 wasca@education.wa.edu.au

 08 9264 4999

 waschoolcanteens.org.au

